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Montréal inside out

The insider's guide for tourists, newcomers, and residents: sightseeing shopping entertainment good food sports recreation services and living well in Canada's metropolis.

By Bonnie Buxton and Betty Guernsey.

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DOWNTOWN MONTREAL
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Montreal Gazette

Montréal inside out

Bonnie Buxton and Betty Guernsey

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Special Thanks

To the *Gazette*, for giving us the opportunity to write a weekly column – thereby enabling us to write this book. And to Dave Billington, Dane Lanken, and Jack Kapica of the Entertainments section, for blue-pencilling us only occasionally.

We are also grateful to town planner Vincent Ponte of Cossutta and Ponte, for providing us with the maps used in this book. And to Helen Knight, for her painstaking research help during the frenzy of pre-publication.

Our thanks too, to the many *Gazette* readers who sent us names of people or places overlooked in our columns – which in most cases we have incorporated into the book.

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Why You Need This Book

This is a guidebook for tourists, newcomers – and old-time Montrealers.

It came about because we wanted to *really* explore Montreal. Even though we had lived here for a combined total of nearly 20 years, there were parts of the city that we wanted to know better. Besides, we were forever hearing about cheap little out-of-the-way restaurants... a great Italian mechanic... a superb butcher... and forgetting to write down their names.

What Montreal really needed, we decided, was a guidebook that as well as listing all the tourist sights, would tell tourists and residents alike where to shop, eat cheaply, and otherwise take advantage of this great city. Only there wasn't such a guidebook. So we decided to walk our legs off – and write it ourselves.

Fortunately, we managed to convince the Gazette, Montreal's morning newspaper, to let us write a weekly column, Montreal Inside Out. This book contains a year of our columns, plus a great deal of added material.

One more thing. This book is frankly biased. Nobody has paid to get into it. By and large, the places we mention are the ones we think are best. On occasion, though, if we think a place is crumby or over-rated, we have included it – and said what we think.

If we've missed one of your favorite shops or haunts, please drop us a note c/o Waxwing Productions, 18 Brock Avenue South, Montreal West H4X 2E5. By the time you read this, we'll be walking our legs off researching next year's edition.

BONNIE BUXTON AND BETTY GUERNSEY

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chapter one

Bienvenue à Montréal

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(This chapter has been written especially for tourists and newcomers. But even if you've lived here for a while, you might learn a thing or two.)

Bienvenue is the Québec way of saying we're glad you're here. We want you to feel welcome – and at the same time, to really get to know our city. Guided tours are a good way to become acquainted quickly. But we hope you'll have time to discover some of the other attractions that endear this city to the people who live here – whether we're of French, English or other ethnic origin, born here or adopted Montrealers.

With its population of 2.7 million, Montreal is the largest city in Canada. Unlike most large North American cities, however, Montreal has a well-defined city core. It's a city for people who like to *walk.*

So, the first rule of getting to know us is to set out on foot. Make time to explore "The Mountain," Mount Royal, a 763-foot volcanic stump where ring-necked pheasants nest wild among trees and fields in summer, and tobogganists frolic in winter – a ten-minute stroll from Peel and St. Catherine, Montreal's busiest intersection.

Don't miss Sherbrooke Street, lined with chic shops and art galleries – or the liveliness of the adjacent Mountain-Crescent-Bishop street area. Visit St. Helen's Island, with its grass, trees and canals, the former site of Expo '67 (now "Man and His World"). And try to discover a few of Montreal's many tiny neighbourhood parks – in the European style – each with dripping fountain and drowsy bench-sitters.

Ride the Metro (subway). It's clean and bright, and easy to get around on.

Feel free to ogle the fascinating and varied architecture of Montreal buildings. There's our superscraper, 737-foot Place Ville Marie; concrete modern Place Bonaventure with its rooftop hotel, pool and gardens; the rococo wedding cake tower, Chateau Champlain; the beautifully simple, aged stone buildings of Old Montreal; the Victorian gingerbread mansions of Westmount and Outremont; the winding wrought-iron staircases of the old-fashioned duplexes in the East End. And the nearly two hundred churches: from the top of any high building, you'll see their gleaming spires.

And while you're getting to know Montreal, talk to us Montrealers. Most of us will be delighted to answer your questions and tell you about our city. We're not only of French and British origin: 400,000 belong to other ethnic groups – Jewish, Italian, Greek, German, Hungarian, Chinese, Japanese, Armenian, Portuguese, Spanish, Mexican, West Indian, East Indian, African, *ad infinitum.* This combustible mixture has resulted in political clashes, sit-down demonstrations, and even the occasional riot. But it's also resulted in a city of zest and colour; excellent shopping (whatever you're looking for, you'll find, if you look long enough); and the finest dining-out facilities in North America – hundreds of good restaurants of all ethnic types, at prices ranging from cheap to luxuriously expensive.

Culture lover? There's always an art gallery *vernissage;* an antique auction, a new foreign movie, the Montreal Symphony

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Orchestra, a musical or dramatic performance in French, English or some other language at Places des Arts or one of the smaller live theatres.

Sports buff? There are any number of spectator sports to take in, depending on the season: professional hockey, baseball, football, lacrosse plus year-round horse racing at Blue Bonnets, and auto racing at nearby Sanair. (See *Sports.*)

Even TV addicts can hook themselves up with Cable and take their choice of both Canadian English networks; two French TV channels; all three U.S. commercial networks plus the excellent U.S. UHF programming.

Remember that many of Montreal's attractions are free, or nearly so: a summer picnic near the old fort on St. Helen's Island; *souvlaki mi pita* (Greek shish kebab-cum-hot dogs) on Park Avenue North; a trip to the Atwater or Jean Talon farmers' markets for inexpensive flowers or vegetables picked that morning. Montreal's all-time favorite free pastime is people-watching: we're a city of people-watchers all watching each other with delight. *Real* Montrealers (the ones whose parents were born here) never sit in their backyards even if they have one: they sit in the front yard or on the front porch – preferably in a rocker even if they're only ten years old – and watch the world watch them back.

"But aren't you afraid to live here?" Non-Montrealers sometimes ask. Definitely not! Statistically, Metro Montreal is one of the *safest* large cities in North America. If you're from a large U.S. metropolis, such as New York, Boston, Detroit or Washington, you'll be relieved to know that muggings and assaults are rare here – and that Montreal citizens still feel quite safe in taking evening strolls.

But before you heave a sigh of relief, we might as well point out that the traffic can be *terrifying* – in case you hadn't noticed. For some reason, Montreal drivers turn into maniacs behind the steering wheel. Accident rates here are the highest in Canada – in a class with New York City, Paris, Mexico City and Rome. Each year, about one car in ten is involved in an auto accident.

We should warn you that Montrealers ignore "Yield" signs, obey stop signs only grudgingly, cheat on traffic lights and pay no attention at all to speed signs. Pedestrian crosswalks are studiously ignored by both the walking and driving public: if you're accustomed to watching four lanes of traffic stop when you step off the curb, you're in for a hair-raising experience in Montreal. If you plan to live here for a while, your best bet is to enrol in a Defensive Driving Course, available through the Province of Quebec Safety League (482-9110) the minute you get your curtains hung.

Whether you're a tourist, newcomer, or old-timer, you'll get more out of Montreal if you can speak and understand even a little French. If you're a tourist, an inexpensive pocket phrase book can help you enjoy the city a little more, even though, as many old-time Westmounters can testify, it's possible to live here without ever uttering a single "oui."

Planning to live here? French is a *must* if you want to get ahead in business. If you've learned some French in school, you'll probably be puzzled at the indecipherable rat-tat-tat of conversation, Montreal style. But hang in there: eventually your brain will tell you what your ear is hearing.

There are many French courses available (see *French*) but even the best ones won't do much good if you don't jump right in and speak French, no matter how haltingly, every chance you get.

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If you're a new resident, make a habit of speaking French to store clerks, taxi drivers, waiters and waitresses, even though they're usually bilingual. Watch French TV, listen to French movies, and try to cultivate some French-speaking friends.

Oh, yes, Montreal weather. Summers are hot, humid, and sometimes rainy. Winters are cold and damp with the heaviest snowfall in North America. (We're still talking about that record-breaking 158.1 inches back in 1971.) Montreal air can be pretty polluted from time to time. But now for the good part: the thermometer rarely goes below 0°F., and June and September can be perfectly glorious.

If you're a tourist, you might find yourself coming back – to stay. If you're a newcomer, you might wake up one morning and realize that you don't want to live anywhere else – at least not for a while.

When do you *know* you're a Montrealer?

When you come back from a trip and the Arrêtez (Stop) signs are proof that you're back in civilization.

When you can't survive without a bottle of mineral water in your fridge, and eat your salad *after* the main course, and drink wine with your meals, as often as not.

When you find yourself driving 35 miles per hour in a school zone and honking at slowpokes.

When you sit on your *front* porch and watch the world go by.

When you have every record Gilles Vigneault ever cut.

When you catch yourself reading the House for Sale ads in the classified section.

When you're listening to the news on the radio and you realize it's in French and. . . *vous comprenez.*

When you're offered a job that pays twice as much, only you'd have to live somewhere else so you turn it down.

Because suddenly you honestly believe that one day Montreal really *is* going to become the world's greatest city.

Besides, you'd miss the blizzards.

A CAPSULE HISTORY

Montreal's history is a fascinating and complex one – filled with riots, rebellions and romance. All we can do here is give you a capsulized version. If you want to learn more about this city's past, there are a number of good history books available. Our favorite, though a little outdated, is *Montreal, Seaport and City*, by the great humorist Stephen Leacock.

The city's first recorded settlement was Hochelaga, an Indian village located somewhere in what is now downtown Montreal. In Jacques Cartier's journal of his second voyage, he tells of his discovery in October of 1534. At dusk, he moored his boat at what is now called St. Helen's Island, and more than a thousand Indians flocked joyously to the shore to greet him. In his journal, he writes of his warm reception by the Indians . . . of the visit to the stockaded village of 50 huge lodges . . . of bonfires and singing, presents given and received . . . of reading the Gospel of St. John to "this poor people" . . . and of climbing the nearby mountain and naming it *Mont Réal*, the Royal Mountain, in honour of France's King Francis I.

Where was Hochelaga? Historians have argued that it stood near the grounds of McGill University. . . or on the site of what is now the Windsor Hotel. . . or even on the northwest side of Montreal Island, at Ahunstic. Other historians maintain that Cartier was lying about the size of the village, and about his

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friendship with the Indians. But the truth will never be known. When Samuel de Champlain visited Montreal Island in 1603, nearly seventy years later, all trace of Hochelaga had vanished. (Today, however, the name of Hochelaga lives on – in Montreal you'll find everything from Hochelaga Pizza to Hochelaga Venetian Blinds.)

Montreal's second settlement was Place Royale, near the shore of the St. Lawrence – a small walled farm and trading post built by French explorer Samuel de Champlain on his second voyage to Montreal in 1611, and later abandoned.

Thirty-one years later, in 1642, on the site of Place Royale, the mission city of Ville Marie de Montréal was founded by thirty-year-old Paul de Chomedey, Sieur de Maisonneuve. It was a holy city, settled by three religious orders – Jesuit priests, nursing nuns, and a teaching order of nuns. Head of the hospital was Canada's first feminist, Jeanne Mance, who was not a nun, but believed that she had received a divine call to Montreal. Montreal's first real building was the hospital, the wooden-frame Hôtel Dieu (finished in 1644) at what is now the intersection of St. Paul and St. Sulpice streets, near the river. Hôtel Dieu was followed by more buildings, all surrounded by a wooden fort. And beyond the palisades, in what is now the downtown Montreal of office buildings, parks and high-rise apartments, were only the forest and the eternal threat of the Iroquois.

Slowly Ville Marie de Montréal pushed back from the river and up the Mountain. By the early eighteenth century, it had lost its aspect as a mission settlement, and had become the organizing centre of war, western development and the fur trade. The words "Ville Marie" were dropped, and the city was known simply as Montréal. It is this eighteenth-century city, still fairly intact, which is now known as Old Montreal.

But in 1760, the French lost their Royal Mountain, and the city on its slopes. In 1759, the British general Wolfe had defeated France's Montcalm at the Plains of Abraham at Quebec City. The French forces withdrew to Montreal. And on September 8, 1760, the Marquis de Vaudreuil, last governor of New France, signed a treaty with the British General Amherst – and Montreal became a British possession. (Vaudreuil's chateau, even grander than the existing Chateau de Ramezay, was located at the corner of St. Paul and Place Jacques Cartier in Old Montreal.)

Fifteen years later, Montreal was briefly occupied by American revolutionary forces. In an attempt to make French Canada their fourteenth colony, the Americans captured both Quebec City and Montreal in 1775. (Among the Americans in charge of the Montreal garrison was Benedict Arnold, who later distinguished himself for other reasons.)

Montrealers – both French and English – were so hostile to the occupation that an American commission was appointed to try to improve relations with the Canadians. Among members of the commission was 70-year-old Benjamin Franklin, who arrived in Montreal in April, 1776. But the Roman Catholic clergy ignored the commission, the French citizenry was unpleasant, and a great number of English Protestants showed Loyalist sympathies. By May, the commission had retreated, embarrassed, and by June 17, 1776, all of Quebec was back in British hands.

Following the British conquest of Montreal in 1760, the city was settled by a British, particularly Scottish element. Ambitious, hard-working and greedy, these fur traders and businessmen began financial dynasties which have lasted to this day. Their names read like a gathering of the clans: James McGill, Simon

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McTavish, Alexander Mackenzie, the McGillivray brothers. . .

In the late 1780's, following the American Revolution, Montreal became a destination for many United Empire Loyalists, refugees from the thirteen colonies. Sixty years later, the Irish potato famine of the 1840's brought a large number of Irish Roman Catholic immigrants. Thousands died in a typhus epidemic – but the survivers remained and many intermarried with the French – resulting in thousands of French-speaking Quebeckers with names like O'Connell, Riley, and Sullivan (sometimes spelled Sylvain).

By 1850, the city had spread outward and upward. St. Catherine and Sherbrooke streets, higher up on the mountain, had developed into popular residential thoroughfares. Victorian Montreal, a city of elegant brick and stone townhouses, can still be seen – although it's vanishing day by day, and being replaced with far less interesting high-rise apartment buildings.

The late nineteenth and early twentieth century brought Yiddish-speaking Jews from Central Europe, and Sephardic Jews from Spain and Portugal – with the result that Montreal has the largest Jewish population of any Canadian city. And the years after World War II brought the Greeks, Italians, Hungarians and other ethnic groups that give the city so much of its colour and variety.

In the early years of the twentieth century, Montreal developed a reputation as Canada's Sin City – a wicked Latin enclave in the otherwise puritanical Protestant Dominion of Canada. In 1919, for example, writer E.I. Hart described #6 St. Justin Street, "the most notorious house in Canada. From the exterior, it looks like an abandoned house. The windows are boarded, but within it is beautifully furnished and brilliantly lighted. Some 20 girls or more are employed. The owner has other houses of the sort and all enjoy police protection."

By the 1940's gambling joints and brothels were operating in a climate so corrupt that the Canadian Army threatened to declare the whole city off-limits to its personnel. The city government was a tool of the underworld. Health inspectors, who were supposed to control V.D., were instead running bordellos on the side.

Into this city of iniquity came intense young Jean Drapeau, a law graduate of the University of Montreal. At 34, as prosecutor in the 1950 Caron vice probe, he became known as a crime-buster, and in 1954 was elected mayor of Montreal. Defeated in the 1957 election, he won by a huge majority in the 1962, 1966 and 1970 elections.

In the 1960's, with the encouragement of the Drapeau administration, the face of Montreal was dramatically changed. A dismal hole in the ground above the CN railway tracks became the site of Place Ville Marie, starting point for an underground city of shops, theatres and restaurants. Other complexes and a subway system followed. The glitter of Expo '67 put Montreal into the international spotlight: by managing to snaffle the 1976 Olympics, Mayor Drapeau showed the world that he intends to keep Montreal in the news.

As for the future, who can tell? Montrealers are currently engaged in battling the developers. Our lively, liveable downtown core is threatened – as are many of our green spaces, interesting old buildings and ethnic communities. We're glad you came to see us while our city is still a colourful and pleasant place – with an *ambience* uniquely its own. And if you like Montreal enough to stay – how about joining the fight to preserve it?

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chapter two

Getting Acquainted

Learn the Geography

Your first move, of course, is to get your bearings, and for this, you need a map. This book contains some fairly simple maps, which should help. Comprehensive maps along with other information are available free from the **Montreal Tourist Bureau,** located in the old court house, 85 Notre Dame East, open 8:30 to 4:30 weekdays. From June 1 to Labour Day Weekend, the Montreal Tourist Bureau also operates a kiosk in **Dominion Square,** which gives out literature and other information from 9 a.m. to 9 p.m., seven days a week.

We have found, however, that the Rolph-McNally maps sold by most oil companies for 25¢ are easier to decipher than the official city map. Get one of these maps from any large service station, or from the **Esso Touring Service,** 2 Place Ville Marie. **The Government of Quebec Department of Tourism, Fish and Game** also has an office at 2 Place Ville Marie, where you can obtain additional information about Montreal and the province of Quebec – including a booklet listing all of the hotels, motels and guest houses in the province. Open 9 to 5, seven days a week.

Once you have a map, acquaint yourself with Montreal geography. Greater Montreal occupies the Island of Montreal, about ten miles wide at its widest and thirty miles long; the smaller Ile Jésus (Laval); and a number of adjacent islands, as well as communities on the south shore of the St. Lawrence River. The terms north, east, south and west, as applied in Montreal, aren't strictly accurate, because the whole island lies at a north-

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east – southwest angle that the city fathers chose to ignore. (e.g., Sherbrooke Street doesn't *truly* run east and west, but northeast and southwest.)

Another thing you have to learn is that because there are two main languages spoken in the city, many places have two official names. All Montrealers take for granted the fact that St. James Street is also Rue St. Jacques, that St. Lawrence Blvd. is also St. Laurent; that Rue de l'Eglise is Church Street and Rue de la Montagne is Mountain Street. Furthermore Lac des Castors is Beaver Lake, Nuns Island is Ile des Soeurs, and Place Radio-Canada is the new C.B.C. Building. (And in case you were wondering, Pas d'Arrrêt is No Stopping, and Défense de Stationner is No Parking.) Then there's a phenomenon known as "Bling" which has led to names such as Pont Champlain Bridge and Maison C-I-L House – which *anyone* can understand.

Anyway, using Montreal directions, take your map and find the Mountain (Mount Royal Park), which dominates downtown Montreal. Directly "south" of the mountain lie downtown Montreal and the St. Lawrence River. The City of Montreal takes up a good part of the island; the other municipalities sit plunk in the middle of it, rather like raisins in a slice of bread. Thus, on the "west" side of the mountain, wealthy anglophone (English-speaking) Westmount is surrounded by the City of Montreal. On the north, Montreal engulfs the Town of Mount Royal, and to the northeast, surrounds the affluent francophone (French-speaking) city of Outremont. Further to the north, south, west and east, lie a series of residential districts that may or may not be part of the City of Montreal.

Before World War II, most English-speaking Montrealers lived on the west side of Park avenue; the French-speaking citizens lived to the east of St. Lawrence; and Jewish immigrants lived on the strip between Park and St. Lawrence (the area where Duddy Kravitz grew up.) After World War II, the upwardly mobile Jewish population moved west to Cote St. Luc and Snowdon, and the Park area became a multicultural strip inhabited by Greek, Italian, Portuguese and other immigrants. Today, many anglophones are moving to the eastern part of Montreal – attracted by the low-cost housing to be found there – while many francophone families are moving west to Westmount, N.D.G., and the Town of Mount Royal.

Got it? Now you're ready to go exploring.

TRANSPORTATION

By car. The auto is great if you want to travel long distances in Montreal, but not for sightseeing in the central core. Parking lots are expensive. By far the cheapest parking is in municipal lots – like the City of Montreal parking lots at Place d'Youville in Old Montreal, or just east of St. Denis on St. Catherine Street; or the City of Westmount parking lot tucked behind the Reddy Hospital just east of Atwater on Tupper.

By Bus or Metro. MUCTC (Montreal Urban Community Transit Commission) transit is fast and efficient, although not as cheap as it could be at 35¢ per ride, or three tickets for 90¢. (10¢ for children under 18, or 6 tickets for 50¢, between 7 a.m. and 7 p.m.) As we go to press, you can still buy tickets from the bus driver, or get change from him for the fare box – but bus drivers are trying to have the company switch to an "exact fare" policy, which may be in force by the time you read this.

Montreal's Metro, completed in 1966, is clean, fast and beautiful, and will take you into the eastern and northern part of

the city as well as to St. Helen's Island and Longueuil, on the south shore of the St. Lawrence River. MUCTC tickets are good on both buses and the Metro, and you may transfer from bus to bus, Metro to bus, or bus to Metro, for no extra charge.

Maps of the Metro and bus routes are available at every Metro station, or at the Montreal Tourist Bureau. In addition, you can call 877-6260 for information on how to get anywhere in town by MUCTC.

The Metro operates from 5:30 a.m. to 1:30 a.m., seven days a week. The #15 bus runs all night; many other buses, such as the #31, #34, #86 and #105 run until around 3:30 a.m., and begin again at 5 a.m.

By commuter train. Montreal also has two commuter railway systems. **CN** (Canadian National, at Central Station), operates to the Town of Mount Royal and the suburbs at the northwest part of Montreal Island. **CP Rail** (Canadian Pacific, at Windsor Station), runs commuter trains to Westmount, Montreal West and the southwest part of Montreal Island. Trains are far faster than car or bus, but they run only sporadically – most from 7 to 9 a.m., and 4 to 6 p.m. Schedules are available at the stations. Fares vary, depending on the distance travelled.

Taxis. There are about 5,000 taxis in Montreal, and for the most part, taxi drivers are friendly, courteous, and sometimes even *entertaining*. Taxi fare is 50¢ to step into the cab, 50¢ per mile, and 10¢ per minute "waiting time" (e.g. being stalled in traffic, or waiting while someone dashes into a shop for an errand). Trips to the airport *must* be metered by law. There is an additional fee of 25¢ for each suitcase more than one, if the driver handles them. (e.g., if you have four suitcases, and the driver carries all of them, he'll charge you an extra 75¢.)

If you have a complaint about a driver, write down his name and number (it will be visibly displayed inside the taxi) and phone the taxi company for whom he drives. If he's *really* bad (reckless or drunk, for example), call the police, 872-5610.

Limousine Service. Buses and private limousines to and from the airport are operated by **Murray Hill**. The airport bus costs $2.25, leaves every twenty minutes, and stops at all of the downtown hotels – en route to or from the airport.

Limousine rates to the airport vary from $7 to $10 – cars are super-luxurious, and drivers uniformed. If you have to catch an early plane, you can book a limousine the night before you leave – and the driver will generally be at your door 10 to 15 minutes early, to make sure you're awake. 937-5311.

GO EXPLORING

Feet are a good cheap means of transportation – and some of the following areas can only be explored by using them:

(1) **Downtown** is most likely where you'll be staying, if you're a visitor. The streets you'll want to wander are St. Catherine (between Union and Guy); Sherbrooke (between Peel and Guy); and Bishop, Crescent and Mountain Streets between St. Catherine and Sherbrooke. This is Montreal's centre for boutiques, restaurants, bars, department stores, office buildings, and just plain people-watching.

(2) **Old Montreal**, which dates back to the seventeenth century, contains two outstanding churches, the City Hall, the old and new court houses, four historic squares and a number of important old buildings – as well as fine French restaurants, antique shops and art galleries. The City of Montreal Tourist Bureau has an excellent map of this section, with a walking tour

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you can follow: you might want to split it up into a two-day exploration. (See *Tours.*) To get to Old Montreal, take the Metro to Champ de Mars, or to Place d'Armes. To the west of Place d'Armes is St. James Street, centre of finance for the province – and at one time the financial centre of Canada.

(3) The **Underground City** is a network of building complexes – containing underground shops, restaurants, movie houses, boutiques, swimming pools, health clubs, hotels, bars, art galleries, barber shops, hairdressers, grocery stores, business offices and exhibition halls – all linked by the Metro.

In the downtown area, you'll want to explore the **Place Ville Marie – Place Bonaventure** complex. You can't miss Place Ville Marie: it's the gigantic cross-shaped building in downtown Montreal that's visible for miles. To get to Place Bonaventure from P.V.M., follow the signs to Central Station (*Gare Centrale*) and from there, follow the signs to Place Bonaventure.

From Place Bonaventure, you can take the Metro to Atwater and explore **Alexis Nihon Plaza** and adjacent **Westmount Square.** Alexis Nihon Plaza is brash and noisy and filled with bargains. Westmount Square, which you reach by taking a passageway tucked behind the Metro entrance, is hushed and elegant ant filled with haute couture – Lanvin and Cardin, for example.

(4) **St. Lawrence and St. Louis Square.** Take the Henri-Bourassa Metro line to the Sherbrooke station. Walk west along Cherrier to St. Denis, and St. Louis Square. Continue west past the square along Prince Arthur, past counter-culture shops and other hangouts to St. Lawrence, centre of multicultural shopping. Walk north on St. Lawrence past Pine, turn right at Roy, and watch for two charming European-style shops: **Waldman's Fish Market,** 74 Roy East, and **Samos Bakery,** 26 Roy East, where you can buy crusty round Greek bread, and pizza by the piece. At the intersection of Pine and St. Lawrence, you can catch a 144 bus, which will take you to the Atwater Terminus and the Metro. (See also *Sausages.*)

Further north on St. Lawrence, from Laurier up to Jean Talon, is the Greek community. Further south on St. Lawrence, on La Gauchetière, is Chinatown. (See *Chinatown.*)

LOOKOUTS

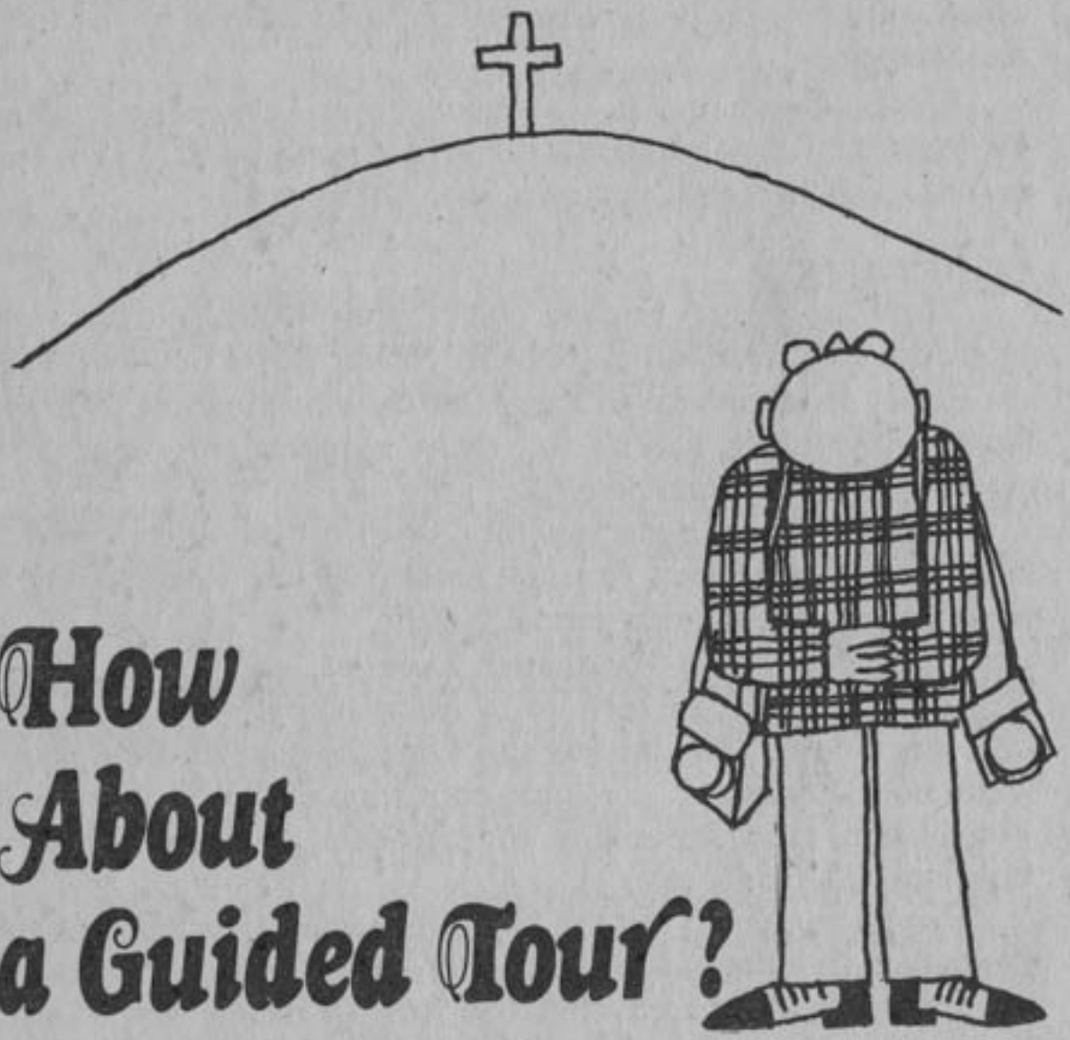
There are several vantage points from which you can view Montreal, *free.* The best is probably **Mount Royal Lookout,** near the Chalet at Mount Royal Park. Get there by climbing from the Mount Royal Park parking lot, or by climbing from Pine, just across from Drummond Street.

If you're travelling across Mt. Royal by car, there's also a lookout at the the east end of **Camilien Houde Road,** giving a view of the north and east part of the city.

Then there's the **Westmount Lookout,** at Summit Circle, which you can walk or drive to by going up Belvedere Road, off Cote des Neiges. (Montrealers also know how go get there from Westmount Boulevard – a route consisting of hairpin turns and switchbacks, much beloved of tire-screeching teenagers who have borrowed the family car.)

Or you can go to the top of the **Canadian Imperial Bank of Commerce Building,** 1155 Dorchester West. Costs 75¢ for adults 25¢ for children; reduced admission fees for groups who arrange ahead.

Or, if you don't mind spending a few dollars, go up to Place Ville Marie's **Altitude 737** for lunch, cocktails, dinner or dancing. (See *Dancing.*)



How About a Guided Tour?

We know a number of Montrealers who have seen the Taj Mahal by moonlight, but have never been to Caughnawaga or seen Bonsecours Church from the inside.

How many Montrealers *really* know their city? How many, for example, have been inside beautiful Notre-Dame Church, which compares in magnificence to some of Europe's most famous churches? How many Montrealers have taken a calèche ride in their own city? As tourists, most of us rush off to see all the sights in a foreign city – but take our own city for granted.

So although we prepared this tour information section as a guide for visitors to Montreal, we also hope it will be of interest to Montrealers who want to play tourist at home.

THE ROMANTIC TOUR

What else but **horse-drawn calèche**? Romantic whatever your age, romantic whether by day or by night – but most romantic by moonlight with two in the carriage on the Mountain, or in the streets of Old Montreal. (Many Montrealers are shy of doing this in case their acquaintances see them, and hoot and cackle. Why not let the cackles fall where they may?) Calèche is also one of the most memorable ways to see the city – more leisurely than by bus, easier than by foot.

Another good reason for taking a calèche ride is that this Montreal trademark may soon be extinct. Every year there are more problems with stabling the horses, and each year they become more expensive to maintain. Eventually the calèche might become as extinct as the streetcar that used to climb Cote des Neiges.

Calèche drivers are not licensed guides – but with any luck, yours will be one of the older ones who grew up knowing every *ruelle* of the city. And he'll give you a running commentary on every noteworthy building (both the ones that are still standing

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and the ones that have been torn down), the health of his horse, the history of his calèche (most are genuinely antique, with perhaps the seats reupholstered or other glamorous details added), what was, what is, and what's going to be in Montreal, his opinion of the Olympics, and what old Drury's restaurant was like in its prime.

All this for $10* an hour – not bad, when you consider it's a straight $10 no matter how many passengers. Calèches go from Dominion Square; an hour's round trip will take you to Old Montreal and Chinatown. To the top of Mount Royal and back is a two-hour trip of $20*. However, there are also a few calèches stationed on the mountain – you could catch one and take half an hour's drive just around the mountain for $5. Some calèches (but not all of them) even go through the winter months.

THE WALKING TOUR

Old Montreal, given by the **Montreal Museum of Fine Arts**, is one tour that Montrealers do take. And what a fascinating way to spend a sunny Wednesday morning in summer! Weather permitting, the tour starts at 11 a.m. from Place Vauquelin on Notre Dame East, west of City Hall (take the Metro to the Champ de Mars stop).

The tour covers Place Jacques Cartier, Viger House, Del Vecchio House, St. Paul Street, Rasco's Hotel, Notre Dame de Bonsecours, Calvet House, Papineau House, Chateau de Ramezay, City Hall, court houses, Place d'Armes, Notre Dame Church, the Bank of Montreal, and all the statues and monuments in between. Commentary, given in French and English by volunteer guides of the Museum, is confined to exteriors of buildings only; you don't go into any of them.

Tours are held every Wednesday from the end of June to the end of August, last about an hour, and are free.

THE FAMILY TOUR

This 2-1/2 hour trip takes in the Old Fort on St. Helen's Island, the St. Lawrence Seaway, and Caughnawaga Indian Reservation – and it's equally fascinating for kids and adults.

At the Fort you see the military and marine museum, the red-tartan-clad Fraser Highlanders with their bagpipes, and the Compagnies Franches de la Marine in full 18th century blue-and-white regalia, performing military drills. Most are local high school and CEGEP students who train during weekends and summer vacations – and they put on a spectacular performance.

You follow the St. Lawrence Seaway, and if you're in luck, see a big freighter passing through the locks. Then on to Caughnawaga, home of 2,000 Iroquois, including Chief Poking Fire and its most outspoken citizen, Kahn-Tineta Horn.

Both Murray Hill and Grey Line bus lines offer this tour at $5* for adults, $2.50* for children. In Montreal, it seems to be the custom for the bus driver to give the tour commentary. (In most other cities, the driver drives, and a multi-lingual professional guide does the talking.) Unfortunately, although we hate to admit it, Montreal's guided bus tours shape up unfavourably in comparison to other cities we have visited.

THE YOUTH TOUR

Special tours for young people between the ages of 6 and 17 have been offered by **Youth Tours** since 1961. (Director Olivette Robinson will also arrange entertainment programs for women attending conventions.)

Tours are planned according to age and interest. Children from 6 to 12 spend the morning in Old Montreal, have lunch in a restaurant (usually Gibby's) in Old Montreal, and spend the afternoon at Lafontaine Park and the Garden of Wonders. Teens from 13 to 17 also explore Old Montreal and have lunch – then go to Man and His World and La Ronde, or Le Musée de l'Art Contemporain and the new Radio-Canada building. (The biggest thrill for small tourists, it seems, is climbing all those steps inside Notre Dame de Bonsecours.)

Tour lasts from 10 a.m. to 4 p.m., and costs about $12.50 per child, including lunch. Ms. Robinson will also arrange large group tours of up to 500 children. Phone 489-6462.

TAPED TOURS

You can tour Montreal by car or on foot, assisted by a taped guided tour from **Tape Tours**. A 2-1/2 hour taped driving tour of Montreal (cassette player included) can be rented for $5 from United Cigar Stores, corner of Peel and St. Catherine, or from the AAA-affiliated Montreal Touring Club, 1401 McGill College, just above St. Catherine.

Tape Tours' 90-minute walking tour of Old Montreal, available at the United Cigar Store, corner of Place Jacques Cartier and Notre Dame, rents for $3 and includes a souvenir booklet with maps and a list of restaurants and boutiques in the area.

THE NIGHTHAWK SPECIAL

Both Murray Hill and Grey Line offer evening tours that include dinner and cocktails. Murray Hill's "Evening Escapade" at $21.95* per person includes dinner in one of Montreal's French restaurants, a visit to the Old Munich beer hall, and a night club. The Grey Line tour is much the same, costs $16.95*, and ends the evening with a night view of the city from Mount Royal lookout.

THE RELIGIOUS TOUR

Grey Line also tours Montreal's famous churches: Notre Dame, Bonsecours, and St. Joseph's Oratory, for groups of a minimum of 30 people. Cost is $4.40* per person.

THE BUDGET TOUR

The Montreal Urban Transit Commission's Promenade buses do a thorough tour of the city, leaving from Dominion Square. Cost is $3.50* for adults and $1.75* for children.

THE TAXI TOUR

A good suggestion for older people. Only taxi drivers holding an official guide license are permitted to conduct city tours, and you'll find them all around Dominion Square. Most charge around $6* an hour within the city, regardless of the number of passengers.

THE BOAT TOUR

Or cruise the harbour with the M.V. Miss Montreal, a new air-conditioned sightseeing boat offering 1½ hour and 2½ hour cruises of the St. Lawrence River. Commentary is bilingual. 90-minute cruises sail at 9:30 and 11:30 a.m.; 1:30 and 3:30 p.m.; 2½ hour cruises sail at 5:30 and 8:30 p.m. The boat leaves from the Port of Montreal, at the foot of McGill Street. Children and students, $2.50. Adults, $4 (90 minutes) or $5 (2½ hours). There's also a bar, in case you get tired of the scenery. 842-8841.

* *Prices for 1974 are not available as we go to press.*

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Sights, Mini-Tours and other Pastimes

A day to spare? Or children driving you crazy? Here are some suggestions for an interesting afternoon. (If you've explored all of the following places, we bet you're a divorced father who sees his kids only on Sundays and holidays.)

PARKS

Several large parks and hundreds of smaller ones can be found in Greater Montreal. The largest park – at 650 acres – is **Maisonneuve Park**, between Pie IX and Viau, on Sherbrooke East. The park contains the Botanical Garden, the Sports Centre, the Maurice Richard Arena, and the former municipal golf course which will be the site of the Summer 1976 Olympic Village.

Lafontaine Park, 100 acres, purchased in 1889, was formerly Logan's Farm, owned by a Scottish baker who bought the land in the 1790's. Here, you'll find the Montreal Zoo, tennis courts, and an artificial lake where you can rent boats.

St. Helen's Island was named by explorer Samuel de Champlain in honour of the patron saint of his wife. The 123-acre park, adjacent to the site of the former Expo '67 (now Man and His World), contains a swimming pool; the Old Fort, constructed in 1819 by order of the Duke of Wellington; La Poudrière, the powder storehouse now used as a theatre; and lots of picnic tables.

The city's prize park is 580-acre Mount Royal, purchased for $1.3 million in 1863. The park functions rather like New York's Central Park – winter or summer, it's an oasis for urban-dwellers, and although there are thousands of people there on a warm Sunday afternoon, you'll always find room to lounge in the shade. (To discover more of Montreal's green places, see *Picnics.*)

MUSEUMS

Museum of Contemporary Art, Cité du Havre. Now that the Montreal Museum of Fine Arts is closed for renovations, many of its exhibitions are being held here. The museum has a good permanent collection of its own: paintings and sculptures by

modern Quebec and international artists. A great place to introduce kids to contemporary art. Open Tuesday to Sunday, 10 a.m. to 6 p.m. Admission free.

Maison du Calvet, 401 Bonsecours, Old Montreal, originally built around 1725, was restored by Ogilvy's in 1966 and serves to house the Montreal Museum of Fine Arts' collection of early French-Canadian furniture. Open 10 a.m. to 4.45 p.m. Tuesday to Saturday, Sundays from 2 to 4.45 p.m. Admission free.
sion free.

Chateau de Ramezay, 290 Notre Dame East, former home of Claude de Ramezay, 11th Governor of Montreal. In 1775-76 it served as headquarters for the American army, and General Montgomery, Benedict Arnold and Benjamin Franklin once stayed there. The whole building is a museum, kitchen and all. Open 10 to 5 p.m. Tuesday to Saturday; 2 to 5 p.m. Sunday; closed Mondays, except July and August. $1.00 for adults, .25 for children. 861-7172.

Military and Maritime Museum at the Old Fort, St Helen's Island, dating back to 1820. Downstairs is military: old uniforms, muskets, maps; upstairs is marine, with full-scale models of ships. French and Scottish soldiers in full regalia present 18th century military drills. Open daily, 10 a.m. to 5 p.m. Adults 50¢, children 25¢. 521-7172.

McCord Museum, 690 Sherbrooke West, opposite McGill, is a small gem of a museum exhibiting articles of Canadian historical interest, including 19th century and early 20th century children's toys and costumes, photographs, Canadian Indian art and costumes, a 45-foot totem pole, and couture gowns from Paris, donated by well-known Montrealers. Open Friday, Saturday and Sunday only, 11 a.m. to 6 p.m. Admission free. 392-4778.

Bank of Montreal Museum, in the bank's main office at 129 St. James West. A replica of the bank's first office, an old teller's cage, photographs, old currency and documents. Monday to Friday from 10 a.m. to 3 p.m. Admission free. 877-6892.

Canadian Railway Museum, 122A St. Pierre in St. Constant (take the Metro to Longueuil, then a St. Constant bus.) Old steam engines, passenger trains, streetcars, and other railway momentos. Monday to Friday 9 a.m. to 5 p.m., Saturday and Sunday 10 a.m. to 6 p.m. Admission adults $1, children 50¢. On Sunday afternoon there are diesel and streetcar rides for 10¢.

Montreal Wax Museum, 3175 Queen Mary Road, is Montreal's answer to Madame Tussaud's. Historical, biblical and contemporary political figures, including Jacques Cartier, Maisonneuve, Frontenac, John Kennedy and Richard Nixon – but no Trudeau. Open daily from 9 a.m. to 9.30 p.m. Admission: adults $2, children $1.

Marguerite d'Youville Centre, 1185 St. Matthew, is the motherhouse of the Grey Nuns, founded by Marguerite d'Youville in 1738. You can see her paintings, books, furniture, as well as her crypt in the chapel. Open daily from 9 a.m. to 5 p.m. Admission free.

Vaudreuil Historical Museum at 431 Roche in Vaudreuil, situated in the old St. Michel school, has a collection of relics and works of art, some dating back to the late 1700's, and scale models of old Quebec houses. 9 a.m. – noon, 1.30-4.30 p.m. daily. Admission adults 50¢, children 25¢. 455-2092.

A charming, little-known Montreal museum is **Maison St. Gabriel**, also known as **Ferme St. Gabriel**, at 2146 Favard (just off Wellington) in Point St. Charles. It's the house originally built as a convent in 1669 by Marguerite Bourgeoys, who founded the

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Congregation de Notre Dame. (The Sisters now live in an adjacent building.) The original stone house – three stories and a basement – is beautifully restored and furnished with eighteenth century furniture, kitchen equipment and other heirlooms. However, the Sisters aren't able to cope with mobs of tourists, so it's best to phone ahead (935-8136). Open Tuesday to Friday, 9:30 to 11:30 a.m. and 2 to 5 p.m.; Sundays, 2 to 5 p.m.

CHURCHES

Montreal is a city of churches, and of these, four Roman Catholic churches are particularly noted. In Old Montreal, **Notre-Dame Church** at Place d'Armes – built in 1829 and seating 5,000 people – is an excellent example of early Gothic Revival architecture. Overlooking the harbour in Old Montreal is **Notre-Dame de Bonsecours**, built in 1722, also known as "the sailors' church" – with a small museum and a tower that visitors may climb. On the northwest side of the Mountain, on Queen Mary Road, is **St. Joseph's Oratory**, little more than 50 years old, but with a distinctive dome – a shrine that attracts more than 2 million pilgrims each year. **Mary Queen of the World Cathedral**, on Dorchester Blvd. between Mansfield and Metcalfe, was built in 1878 and is a small version of St. Peter's in Rome.

MINI-TOURS

Maison Radio-Canada, CBC's new 23-story English and French headquarters on Dorchester East, is one of the largest, most modern radio and television centres in the world, and the only one of its kind in North America. The building itself is hexagonal in structure, and has a total of 7 colour-equipped studios. Free guided tours are available Monday to Friday from 1 p.m. to 5 p.m. For special group tours call 285-2690.*

Place des Arts, 175 St. Catherine West. Guided tours of Montreal's 7-acre concert-hall-theatre complex, including Salle Wilfrid-Pelletier (home of Montreal Symphony Orchestra, built in 1963), Theatre Maisonneuve and Theatre Port-Royal (added in 1967), are available Tuesdays, Thursdays and Saturdays at 1, 2, 3 and 4 p.m. There's a charge of 25¢ for children, 50¢ for adults. Group reservations by appointment only. 842-2141.*

Stock Exchange, 800 Place Victoria, at 47 stories the highest building in Montreal and home of the Montreal and Canadian Stock Exchanges. It is also the world's tallest building of reinforced concrete. La Bourse, as it is also known, was originally incorporated in 1874; the present building was completed in 1965. Free guided tours are available Monday to Friday at 10.30 a.m., 1.30 and 2.30 p.m. For group reservations call 871-2453*

Montreal International Airport at Dorval: **Air Canada** gives free tours any day, groups of about 30 preferred. Tour includes hangars and a visit inside a plane if possible; older children see training area and flight simulators. For reservations call 636-2431.

The **Port of Montreal** can be visited any day of the week. You should have a pass (call 283-2075). Because of the large area, you also need a car. (Large groups should rent a bus.) What to see: various kinds of ships, warehouses, control tower, Harbourmaster's House. It is also possible to visit **passenger ships** for an hour or so on the day of departure. Generally the Alexandr Pushkin and the Stefan Batory are in dock about twice a month. Passes are available at the pier.

The new **Palais de Justice** or Municipal Court on Notre Dame East at St. Lawrence may be visited by the public Monday to Friday from 8.30 a.m. to 4.30 p.m., a good chance to see court in

session if you've never done so.*

Université de Montréal, the second-largest French-speaking university in the world, on Boul. Edouard-Montpetit, gives free guided tours of the university grounds and departments, from June 1 to September 1, Monday to Friday between 10 a.m. and 5 p.m., during the rest of the year on Sunday only. It was founded in 1876 as part of Laval University of Quebec, and became autonomous in 1919. It is particularly noted for its scientific and nuclear physics labs. For special group reservations call 343-7705.* 343-7705.*

Morgan Arboretum and **Macdonald College Farm** in Ste Anne de Bellevue (actually McGill's faculty of agriculture, dating from 1905), offers tours for children, groups of over 20 preferred. The Arboretum's tour goes at 9.30 and 11.30 a.m., 1.30 and 3.30 p.m., at 10¢ per child. There's also an all-day tour from 10 to 3. For reservations call 457-6580. The 2000-acre Farm (cows, horses, goats, sheep, rabbits, ducks, geese, pigs) gives tours if you want them – or you can just walk around. 457-5315.

Molson's, Canada's oldest brewery at 1555 Notre Dame East, established by John Molson in 1786, offers free tours every day at 10 a.m., 2 and 3 p.m. Only persons over 18 are allowed. 527-5151.*

Seven-Up at 160 Graham Blvd. gives plant tours, but they're generally pretty well booked for about a month in advance. For reservations call 738-4781 or write to Mr. Lamare. **Coca-Cola** and **Pepsi-Cola** also give tours, but not during the summer months. For reservations call 254-9411 and 735-4311 respectively.

Place Bonaventure, the largest commercial building in the world after Chicago's Merchandise Mart, gives guided tours of the International Centre, exhibition halls, hotel, shopping area, and Showmart (including toy showrooms). Groups of 15 and over, $1.50 each; smaller groups, $2 each. For reservations, 395-2372.

The Gazette gives guided tours, although because the paper goes to press at night, you don't actually see the paper being printed. Still, you'll see everything else that goes into the making up of a daily newspaper. 861-1111, Promotions Dept. **La Presse's** organized tours for children start in September. 874-6872. The **Montreal Star** gives guided tours also, 282-2211.

The Do-It-Yourself Metro Tour: Montreal was the first subway in the world to have each station individually designed by artists and architects (Mexico City has since followed our example). You can do the entire line, stopping at each station, for the price of one Metro ticket – just be careful not to step outside the turnstiles, or you'll have to pay another fare. Stations particularly worthy of note are: *Peel*, designed by Papineau Gerin-Lajoie LeBlanc; *Place des Arts*, with its stained glass mural by Frederic Back, depicting the history of music in Montreal; *Berri-de Montigny*, with a stained glass mural by Pierre Osterrath; *Champ-de-Mars*, with a stained glass entrance by Marcelle Ferron; *Sherbrooke*, with a mosaic by Gabriel Bastien and Andrea Vau; *Cremazie* with a bas-relief mosaic by Georges Lauda, containing symbols of the solar system and signs of the zodiac; and *Beaubien*, designed by Roger d'Astrous, who also designed the Chateau Champlain.*

ENTERTAINMENT

Dow Planetarium, 1000 St. Jacques West – offers the spectacle of the universe under the giant dome of the Theatre of

**Children should be at least 10 years old to really appreciate tour.*

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the Stars. The first major planetarium in Canada, it was completed in 1966 and was a gift of Dow Brewery Ltd. to the City of Montreal. Of special note is its 2-1/2 ton Zeiss projector. Programs change about every two months. Shows are held Tuesday to Friday at 12:15 and 8:15 p.m.; Saturdays, 1, 3:30 and 8:15 p.m.; Sundays 2:15 and 8:15 p.m. Adults $1, children under 16, 40¢. 526-0821.

Montreal Aquarium, Alcan Pavilion at La Ronde. Exotic fish, tiger shark, turtles, ducks and penguins. Dolphin acrobatic shows are held four times daily in winter, eight times daily in summer. Open daily from 10 a.m. to 5 p.m. in winter, and until 11 p.m. in summer. Closed Mondays. Adults 75¢, children 25¢. (To get there, take the Metro to Papineau and take the #70 bus. By car, cross Jacques-Cartier Bridge and take the St. Helen's Island exit.)

Garden of Wonders and Zoo, Lafontaine Park, has 145 species of animals from elephants to chimps, and structures based on stories from Mother Goose, including Cinderella's pumpkin coach and Noah's ark. Open daily from 10 a.m. to 8 p.m., from Victoria Day to the end of September (when many of the animals move to winter quarters at **Angrignon Park**, 3400 Trinitaires Blvd.) Adults 50¢, children, 25¢. There's also a lagoon where you can rent rowboats between 1 and 7:30 p.m., at $1.50 per hour.

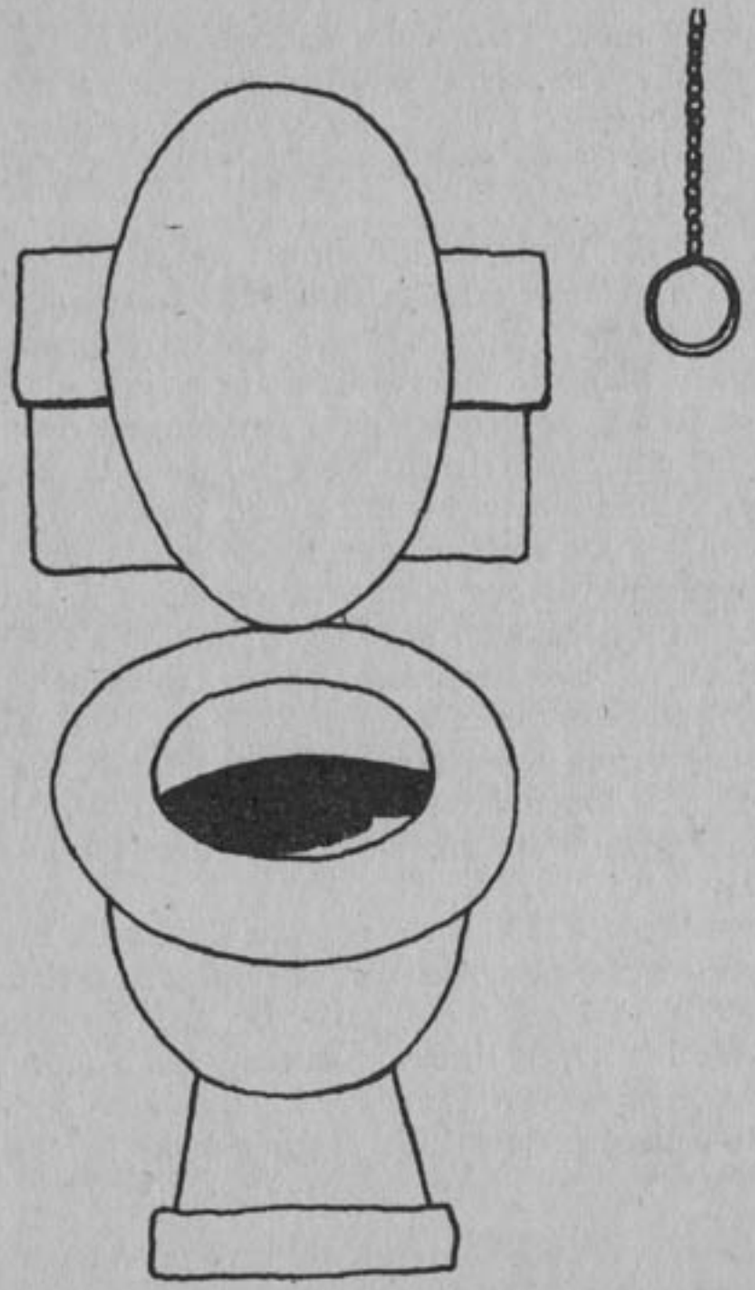
The Botanical Gardens, 4101 Sherbrooke East at Pie IX. Founded in 1931 by Brother Marie-Victorin, Montreal's Botanical Gardens are the world's third in importance after London and Berlin. The gardens' more than 200 acres and 40 glassed-in conservatories contain 48,000 plants from all over the world. There is also a lake with ducks and swans, and in summer a train carries visitors around the gardens. Open daily from 9 a.m. to 6 p.m. Admission free.

Puppet Theatre, Théâtre des Marionettes at La Poudrière, St. Helen's Island, offers regular showings the year 'round – usually Tuesdays, Thursdays, Fridays and Saturdays in summer, weekends during the school year. Admission: adults $1.50, children, 75¢. 526-0821.

Man and His World on the former site of Expo '67 at St. Helen's Island, features exhibits, films and educational displays in its many pavilions: French, Japanese, Iranian, Yugoslavian, Russian, Chinese, Bulgarian and Austrian among others. Gates open daily from 10 a.m. to midnight, and pavilions are open from 10 a.m. to 8:30 p.m., from the last week in June to the beginning of September. Admission to grounds is free; persons eight or older must pay to get into the pavilions. (To be very truthful, many of the pavilions have become somewhat run-down in recent years but the setting is gorgeous – and a good place for a picnic.)

Montreal has two amusement parks: **La Ronde** at Man and His World, open daily from noon to 2:30 a.m., with rides, ferris wheels, steel bands, water ski shows, etc. Adults 50¢, children eight to 17, 25¢. Open weekends from the first weekend in May to mid-June, when it operates every day. Closes for the season on Labour Day.

Belmont Park, 12530 Rivoli near the Cartierville Bridge, is an old-fashioned amusement park that celebrated its fiftieth anniversary in 1973. (To get there, take the #69 bus from Henri Bourassa Metro). Open Friday, Saturday and Sunday in May; every day except Monday from May 31 to Labour Day Weekend, 12 noon to midnight. Adults 30¢, children under 16, 15¢.



A Guide to Downtown Loos

In England it only costs a penny.

Here it costs you a dime to do exactly the same thing.

We're talking about that natural phenomenon that can strike at almost any time – particularly when you're on a downtown street and especially when you have a couple of children in tow. There are few things in life worse than being stranded when you're in desperate need.

The British call toilet facilities "loos," derivative of the French world *l'eau* (water), particularly appropriate for Montreal, we feel. Montreal loos seem fewer and further apart than they actually are – a real water hazard, so to speak. But in fact, there are many around, if you know where to go.

There aren't any in the Metro stations, with the exception of Longueuil. According to MUC officials we spoke with, there's no need for facilities there. "The people just walk into the stations and walk out," we were told.

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The City of Montreal operates only four loos in the downtown area. . .sometimes. There's one at **Cabot Square**, corner of Atwater and Ste. Catherine. At **Place d'Armes**, closed weekends, just when tourists to Old Montreal need relief most. At **Dominion Square**, open only during the summer. And in **Phillips Square**, closed for the past year for renovations. These four municipal monuments are known as "Camiliens," after Mayor Camilien Houde, who had them erected during the depression.

In addition, the City operates more than 140 chalets with facilities in Montreal's public parks, including Mount Royal, Beaver Lake, Fletchers Field, Lafontaine, Jarry, and Ste. Helen's Island. Even tiny Percy Walters Park at the corner of McGregor and Redpath has a "comfort station," as the city calls them. The City keeps a close watch on all of them, which is why each loo has different hours (according to need) and they're generally fairly clean.

However, you might not be near a park. What then? Find a restaurant or tavern. By civic bylaw, all eating places in Montreal, no matter how small or obscure, are required to provide washrooms. Do you have the nerve to walk in, use the john, and walk out? If not, 15¢ for a coffee is only a little more than a pay toilet.

Unfortunately, most restaurants are open only certain hours in a day. Many don't open till noon. At late night or early morning, look for a 24-hour snack bar, or delicatessens such as **Dunn's**, 892 Ste. Catherine West, or **Dankoff's**, 1556 Peel – open all day, every day. **Moe's Corner Snack Bar** at Clossé and de Maisonneuve; **The Briton**, 1606 Ste. Catherine West; **Pines**, 3734 Park; and **Muz Muz**, 1191 Mackay, are also open round the clock. **Ben's**, 990 de Maisonneuve West, is open 21-22 hours a day, closing between 4 or 5 to 7 in the morning. Or go to a railway station (see further on).

Public washrooms are provided in hotels, railway stations, department stores and shopping centres. As loo connoisseurs, we decided to give these places the Michelin treatment.

****Ritz Carlton Hotel**. Ground floor, near checkroom. Unquestionably Montreal's finest loos. Reliable sources tell us that the Men's is as ritz-y as the Ladies.'

***Chateau Champlain**. Not quite so elegant, but extremely nice. Main floor, near the restaurants, and lower floor, near the ballrooms.

***Windsor Hotel**. Right at the back near the cloakrooms. They have a certain faded charm, like the rest of the hotel. Ladies' has marble washbasins and louvred doors. Downstairs by La Reserve are equally satisfactory.

****Sheraton-Mount Royal**. Pleasant, but just miss being in the luxury category. Ladies' has a small sitting room for putting up your feet.

****Queen Elizabeth Hotel**. Convention floor has lushly decorated loos with leopard patterning on the walls. Washrooms downstairs are less exotic, but both have linen towelling and paper towels neatly laid out – none of those nasty blow dryers that everyone hates.

***Laurentian Hotel**. Downstairs from the main lobby. Spotlessly clean. Washrooms adequate for the purpose, but with no attempt at decor or character.

**Central Station. At east end near pinball machine. Toilets are open 24 hours a day. You can also take a bath here: Men's has shower units; Women's has baths, at 50¢ for 30 minutes. Ladies' also has a resting area and a nursery for kids.

*Windsor Station. Style is Petropavlovsk Utilitarian – huge and drab and old-fashioned, but with dozens of toilets, and very clean. Toilet facilities are also open 24 hours. Ladies' has a large waiting room with monstrous carved wooden chairs, a nursery and a cot. No baths.

*Eaton's, Simpson's, Ogilvy's, The Bay. Each has washrooms in the basement, on the women's fashion floor (for women), on the men's fashion floor (for men) and near the main restaurant if there is one. The quality of the washroom rises according to the floor. Of all these, the Bay's Ladies Room on the second floor is perhaps the most genteel, done in pink, with a separate room to rest, and make-up tables.

*Holt Renfrew, Sherbrooke at Mountain. Off the stairs, between the floors.

*Rive Gauche, 1254 Ste. Catherine West. Unisex loos – either male or female can use them, but not at the same time. Also off the stairs, between floors. Plushy but tiny.

*2020 University, the new shopping complex. Two sets of public loos, each done in bright colours.

*Le Cartier, Sherbrooke at Peel. Lower level, behind the hairdressers. Smart modern black and white decor but never quite clean and taps always running.

*Banque Canadienne Nationale Building, Place d'Armes. In underground boutique area near escalators. One of the better ones in Old Montreal, but alas, it's closed weekends.

Adequate, but not worthy of stars:

Place Ville Marie deserves a sack of prunes for providing only two washrooms for a shopping complex this size. One is downstairs from the Carrefours Bar, the other in the St. Lawrence Cafeteria.

Westmount Square has loos at the west end, but they're *locked*. The only other ones are in the restaurants.

Alexis Nihon Plaza has generously provided public washrooms on both the second floor (near the cinema) and just inside the cafeteria, in the basement.

Place Bonaventure has washrooms to the west of the exhibition area as well as in the restaurants.

C-I-L House, corner Dorchester and University, has loos downstairs on the cafeteria floor.

Kresge's, downstairs in the basement, behind the cafeteria.

Woolworth's, upstairs by the picture frames. Why is the Ladies' mirror outside the washroom rather than in it?

TOURIST TIP:

At the YMCA, 1441 Drummond, non-members can buy a $2 day pass and use all of the facilities – including toilets, locker, showers, pool and steam bath, until 9 p.m. that night. (Members, of course, can use them any time.) At the YWCA, 1355 Dorchester West, non-members can use the washrooms free of charge, and take a bath for 35¢.

P.S. – Wherever you go, if there are pay toilets, there will always be at least one or two that are free.

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chapter three

Things to Do and See

Shall We Dance?

Have you ever wanted to be like Fred and Ginger? To dress up in something elegant and go dancing cheek to cheek to a real live band. To fox trot, rhumba, samba, tango, begin the Beguine and finish the evening with cognac while stars shimmer high above the rooftops.

Are you longing for a return to Togetherness . . . the Big Band sound . . . graceful tripping the light fantastic? There are several places in Montreal where you can go – if you choose carefully.

A good bet is **Altitude 737** at the top of Place Ville Marie, which would have lured Fred and Ginger from their scrumptious MGM sets. Altitude 737 is operated by the Hilton, and minimum charge is $3.00 per person (about two drinks each). The setting is filled with twinkling stars and skyscraper lights and the trio plays nice nostalgic music with a forties swing. Dance from 9:45 to 1 a.m., any night of the week.

Also in PVM is **La Popina**, where you can dance to a trio from eight p.m. to midnight every night. Mostly a dinner crowd here – but if you choose only to drink at the bar and dance, that's okay. No cover charge, no minimum.

But **Salle Bonaventure** in the **Queen Elizabeth Hotel**, also operated by the Hilton, is for people with expense accounts only. There's a large band, a stage show, and a cover charge of $5 per

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person, $6.50 on weekends (food is extra).

Beverages are a whopping $2.50 each. If the floor show we saw was typical, you'd be smarter to save your money and take in Marlene Dietrich or Gilles Vigneault at Place des Arts.

Château Champlain has two places where you can dance to live music: **L'Escapade** on the 36th floor, and the ground floor **Caf' Conc'** supper club.

Fred and Ginger would have felt right at home with **L'Escapade's** dark blue walls, surrealistic scalloped windows reflecting starburst light fixtures, the view of the city – and the lively band playing Glenn Miller favorites. There's also a buffet, which at $13 per person is in the splurge category for most married couples – but at $2.00 per drink, you can drink and dance the night away fairly inexpensively. Dress to kill here – and if you're planning to eat, make reservations at least a week ahead.

Although Château Champlain's **Caf' Conc'** supper club can be expensive – set menu of $11 plus a $6 cover charge per person – there is a good bargain to be had here if you don't feel like eating. In the club's upper tier, "Le Poulailler" (the roost), you can take in the floor show, drink and dance – no cover charge but a minimum of $5 per person.

The **Seaway Hotel**, corner of Guy and Dorchester, has two good places for dancing cheek to cheek. On the ground floor is the **African Village**, a dark, cozy bar, perfect for lovers, somewhat overdecorated with fake trees, jungle and stockade – but during a Montreal winter, who isn't grateful for a touch of the tropics? Friendly waitress Florence bears an astonishing resemblance to Rita Moreno, king-size hoop earrings and all, and the house specialty is a lethal-looking bubbling green concoction called The Volcano, $3.00. There's dancing from 5:30 to 6:30 and from 8:30 to 2 a.m. Monday through Saturday. Monday through Thursday, the Village is a hangout for people from Northern Electric and the few stragglers still at the old CBC building. Fridays and Saturdays, anything goes. The atmosphere is fifties (Ray Conniff medleys, for example), and some people actually *jive*. A good place to escape from the scary seventies.

Upstairs in the Seaway is the circular restaurant, **La Ronde**, where you can dine, dance, or simply drink at the adjacent bar. Atmosphere is friendly, with a glittery thirties feeling. No cover charge, no minimum. Dancing from 8:30 to midnight, Tuesday to Sunday.

At the **Ritz-Carlton Hotel**, there is dancing from Monday to Saturday, from seven to midnight, in the **Café de Paris** – but only if you're having dinner.

Johnny's Bar in the basement of the **Berkeley Hotel** is early fifties with its red vinyl booths and paintings of opulent nudes. There's dancing from 8 p.m. to 1 a.m. Tuesday to Friday, and from 9 to 2 on Saturdays. The place caters to the 25-40 age group and the music is also for listening or as a backdrop for conversation. No cover charge, no minimum.

Then there's the **Constellation**, formerly the **Sonesta**, formerly the **Royal Embassy**, at the corner of Peel and Sherbrooke. Back in the old Royal Embassy days, this hotel used to have a deliciously tacky rooftop restaurant with a mirrored dance floor and a small pool into which guests were always being pushed. Now, you'll have to content yourself with dancing in the ground floor Touché Bar from 9 p.m. to 2 p.m. every night except Sunday.

We've heard good things about **Ruby Foo's Black Sheep**

Lounge, 7655 Decarie, where you can dance every night except Sunday. There are also a few places on the West Island where you can drink and dance. At the Aeroport Hilton, there's a trio in **La Barrique** lounge, 8 p.m. to 1 a.m., weeknights, 8 to 2 on weekends. At **Le Vieux Amsterdam**, you can dance from 8:30 to 2:30 every night except Sunday. And there's dancing at the **Holiday Inn**, 6500 Cote de Liesse, in both its amusing wine cellar, **La Cave des Moines** and in its cocktail lounge.

All right now, one-and, two-and . . . Kathryn Murray, where are you now that we really need you?

OF DISCOTHEQUES AND CLUBS

Back in the early sixties, the discothèques arrived from Paris and settled in happily in Montreal. Those were the days of La Licorne and La Rose Rouge . . . of simple Left Bank decor, the Monkey and the Mashed Potato.

But today in Montreal, with a few exceptions, the mood is no longer Paris but New York (or possibly San Francisco or Chicago.) Decor is elegant and so are the patrons.

The original discothèque was a bar where records were played. Today, the turntable is sometimes replaced by the live rock band – so some of these places are more accurately referred to as night clubs. Most are open until 3 a.m. every night of the week, even Sunday, and Friday is the night when the singles prowl.

The first thing to learn is that the only place to go is where other people go. This means that if there is a long queue outside a place, this is the place that's really hot. By ten o'clock on a Friday night, you should *have* to wait in line to get into a place; otherwise, why bother? Club owners are wise to swinger psychology, so that you might emerge at ten o'clock from a half-empty bar to see about two dozen people waiting patiently outside in the cold, convinced that because the doorman is making them wait, there has to be great action going on inside.

An In club can become Out overnight – and its status depends upon two things: the calibre of the doorman, and the calibre of the disc jockey.

The doorman must have a sixth sense about people who are going to cause trouble – and not let them in. At least two of Montreal's most spectacularly designed discothèques were ruined because the doorman wasn't able to weed out vandals. There is also a great deal of snobbery involved in being Known by the doorman. People who are Known are somehow magically allowed to go right in, past dozens of patient people who must feel like the Little Match Girl, shivering outside.

Inside, there are further little touches of snobbery. At **Maxwell's**, for example, there is a section which is set aside for former members of **George's**, the discothèque which used to be located on the premises. At **Dominique's**, there is a corner with a chandelier, where only people who own their own bottle (costs around $30) can sit.

The disc jockey must have the latest New York records and he must be able to play with the mood of the customers. Firing them up with hot music . . . cooling them down . . . realizing when it's time for something slow and soothing. It's rumored that some of the Montreal clubs have bought "programs" from the better New York discothèques, and all the d.j. has to do is follow the list.

What follows is the list of the top discothèques and clubs in Montreal as we go to press.

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The Speakeasy, LaSalle Hotel. This discothèque can only be described as overdecorated – in every conceivable style from Peter Max to Louis XIV. It also rates as the noisiest disco in town: to order, you have to yell into the waiters' ears. Claudia, an ex-fashion designer, runs the "little bar" and it's said that she'll give you a double drink for the price of a single . . . if she likes you.

It's smoky, ear-shattering, and a fashion show on Friday nights. Music is the latest. No jeans are allowed (except for special customers who are Known) but no ties are required. Standard male attire is a jacket worn with an open-collared shirt revealing a hairy chest.

The Speakeasy has leaky washrooms and a decadent feeling right out of the movie Cabaret: Sally Bowles would be right at home here.

H. Henry, corner of Mackay and Sherbrooke, on the premises of the former disco **Crash**, rates as the best-designed club in town. Decor is expensively super-elegant in a futuristic way: purple felt walls, mirrored tiles, red plush seats and chrome tables.

The secret attraction here is owner Henri, who looks like a Parisian *chansonnier* (school of Sacha Distel) with his page boy hair and melting eyes which lure female customers to his L-shaped bar.

He describes his place as "semi-privé-privé" – a club for sophisticated customers, most of them Francophones. It's the only discothèque we found that plays French music (though strangely, it's from Paris, not Montreal) and you'll also hear a Latin sound. Henri also has a private salon where the music is a little lower. . . ask, and you'll be admitted.

Le Baldaquin, 424 St. François Xavier in Old Montreal, has the most distinguished exterior of any Montreal disco and an interior right out of Colette's *Gigi*. Ceilings are hung with canopies and the dance floor is like being inside Marie Antoinette's *baldaquin* (four-poster bed). The place is decorated with satin love seats and marble coffeetables and makes you want to invent champagne. Late on a weeknight, the music is low and couples are snuggled up on love seats. Weekends, the club is jammed by both couples and singles, mostly in the 25-30 age group.

Some of Montreal's most popular clubs are owned by George Durst, former forestry engineer and ex-bellhop from France. His **Dominique's**, 1455 Stanley, is decorated with red velvet, wrought iron grillwork, and features a five-piece rock band. Men must wear ties on Monday to Saturday, but open shirts are okay on Sunday nights. Music is more subdued than at the disco clubs. "We want people to be able to talk," says manager Joey Neeson.

Durst's **Maxwell's**, 2060 Aylmer, is popular with students and you have to fight your way in weekends. There's no real dance floor, but there is a live entertainer and it's one of the few places in town where you can find something to eat from 3 to 6 a.m. (Thick but expensive hamburgers, bacon and eggs and the like.)

Durst recently opened a new club, **George's**, at 2045 Crescent Street, along with a restaurant, **Tiffany's**, upstairs. George's, decorated with stained glass windows, Tiffany lamps and antique brass beds, features quiet live music and tapes for the over-25 crowd.

Other current Montreal favorites are **Harlow's**, corner of Mountain and de Maisonneuve: **Don Juan**, 2022 Stanley (a perennial favorite with singles); **Alti-thèque** in Place Ville Marie, and **Café Campus**, a student hangout at 3315 Queen Mary Road.

The Impromptu Picnic

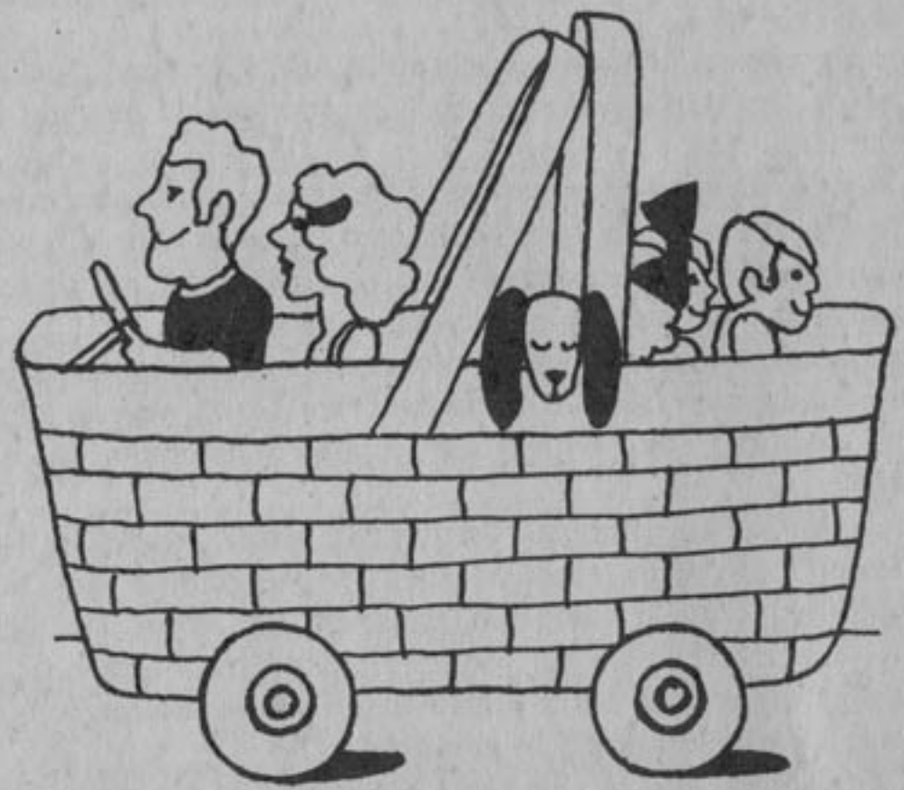
The ideal picnic, of course, consists of He, She, a wicker hamper stocked with everything from *oeufs en gelée* to home-made chocolate cake to well-chilled champagne . . . a grassy river-bank where swans swim lazily by . . . and a book of Romantic poetry. (Wordsworth, maybe?)

Such a picnic requires a lot of time and energy – gelling the eggs, shelling out money for champagne, not to mention trying to find a Wordsworth addict who'll read to you.

So the kind of picnic we're talking about is the impromptu outdoor meal that you throw together on a sticky evening or muggy afternoon – just to get out of a hot kitchen. Your picnic spot will probably be a public park – and don't worry if you don't have a car. If you're a downtown apartment-dweller, many of the places we suggest are accessible by public transportation or on your bike.

If you're a tourist, we suggest you buy your picnic lunch at any good delicatessen. Or why not try a take-out chicken? (See *Chicken).*

Okay, you know all about **Mount Royal Park**, **Lafontaine Park** and **St. Helen's Island** – great picnic places all. But have you explored spacious **Angrignon Park**, winter home for the Montreal Zoo? Lots of parking, ponds, streams, big trees and hundreds of picnic tables. Accessible by bike, car, or by taking the 78 bus from the Atwater terminus. (To drive there, take the Decarie Expressway south to the La Verendrye exit, and drive west along La Verendrye until you see the park entrance on your right.)



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This family-style park deserves hearty, traditional picnic food. If you're taking the bus, we suggest cold fried chicken, potato salad, chocolate chip cookies and iced lemonade. If you're driving, take a hibachi and grill hamburgers – or steak if you're feeling rich.

The perfect place to picnic alone and read your latest Agatha Christie novel is **Westmount Park** on Sherbrooke West at Melville – easily reached by the 24, 102, 103 or 105 bus. The park's gently rolling little knolls and valleys cry out for leisurely book-reading. Those with a more active bent are to be found flying kites, throwing frisbees or walking their dogs. (Westmount dog-owners bear an amazing resemblance to their dogs – everything from freckle-faced Irish setter people to lean Afghan hounds.)

A Westmount Park menu should be elegantly austere but allow for lots of crunching-while-reading. What about Vienna sausage chunks, carrot and cucumber sticks, radish roses, apples, cheese cubes, breadsticks and a thermos of iced tea?

If you live in suburbia, and you've traded Wordsworth for Mother Goose, remember that kids enjoy downtown picnics. One mother of three active school-age children swears that her kids' favorite picnic spots are **Dominion Square** and **Place Jacques-Cartier.** ("They get enough green trees at home.")

She suggests the following menu for a suburban-kid-in-the-city lunch: sandwiches made from whole wheat bread, health store peanut butter and apricot or blackberry jam; an English cucumber (take a knife and cut into chunks as you eat); fruit cake; and cranberry-apple juice you mix yourself.

ON THE WATERFRONT

Although Greater Montreal is a river metropolis, her hundreds of miles of shoreline have never been developed properly. (Wouldn't it be marvelous to have a Thames Embankment or a Rive Gauche?) Nevertheless, we are fortunate that the riverside cities of Verdun, LaSalle and Lachine have kept their waterfront area as public parks – narrow parks, mind you, but quite enough for a picnic and cooled by the river breezes.

You can start by driving (or pedalling) along LaSalle Blvd. at Church Street in Verdun, and continue all the way to Ste. Anne de Bellevue if you're inclined. On the 58 bus line, the neatly manicured **Verdun Promenade** is about two miles long. Just west of Woodland, there's a path down to a half-mile section of uncleared shoreline, where you can picnic right at the water's edge. The menu: bologna sandwiches, cole slaw, Coke, chocolate cupcakes and dill pickles.

Continuing west along LaSalle Blvd., the City of LaSalle has a similar strip of riverside parks stretching the length of the city. Not as many trees as the Verdun strip, but lots of picnic tables and a good view of the Lachine Rapids – a perfect place for beer and pizza.

If you keep driving or pedalling, you'll come to Lachine. At the corner of LaSalle and St. Joseph Blvd., where the Lachine Canal joins the St. Lawrence River, are **Monk Park** and the adjacent **Père Marquette Promenade.** Monk Park has a playground, wading pool and picnic tables – and you can stroll along the long promenade and look at the boats moored at the Iroquois Yacht Club. May we suggest assorted cold cuts, potato salad, French bread and a chilled rosé?

Further along Lake St. Louis, the affluent Lakeshore suburbs are not nearly so wealthy in riverfront parks. Your best bet here is **Stewart Park** in Pointe Claire, the grounds surrounding Stewart

Hall – very Olde Englande. If ever there were an *oeufs-en-gelée* setting for a picnic, this is it: bring a red-and-white checked tablecloth, a dry white wine, asparagus vinaigrette, strawberries in kirsch, and cold rare roast beef, sliced very thin.

On the northwest part of the island, bordering Rivière des Prairies, is an area known by Pierrefonds residents as **"West Island Park"** – although Pierrefonds city council has not yet officially designated it as parkland. This is a strip of wild riverfront property about 1-1/2 miles long, where your kids can pick pussy willows, wild flowers, and wild strawberries when they're in season.

This is the place to build an old-fashioned campfire and roast weiners and marshmallows. (Make sure that it's dead when you leave.)

If you're driving, this area is at the northern end of Sources Road, and extends to the west. If you live downtown and don't have a car, you can take the CN train to Roxboro, and hike west along Gouin to Sources Road, a distance of about a half-mile.

THREE POCKET PARKS

Three smaller parks operated by the City of Montreal also deserve a mention. The first two are **Beauséjour Park** and **Raimbault Park**, in the north end overlooking Rivière des Prairies. Beauséjour, a few blocks west of Laurentian on Gouin, is a small, immaculate park, liberally sprinkled with trees, playground equipment and picnic tables. Raimbault Park, east of Laurentian on Gouin, has a stream dripping with weeping willows, complete with frogs, a wading pool open from noon to 5 p.m. weekdays, and lots of picnic tables.

The third, and quaintest of all Montreal parks, is **St. Henri Park**, a tiny square on St. Antoine, about ten blocks west of Atwater. Surrounded by well-kept brick and greystone duplexes, the park is centred by a gigantic, splashing fountain topped by a statue of Jacques Cartier. Lots of well-occupied park benches (everybody from guitar-strumming youths to priests the afternoon we went) and if you didn't know it was Montreal, you'd *swear* it was Paris. Take along French bread, *pâté*, *crudités*, and the liveliest Beaujolais you can afford.

TAKE A CHANCE

We've also heard good things about the city of St. Laurent's **Bois de Liesse**, which MUC has set aside to turn into a regional park. We haven't explored this area yet – so you're on your own. Take the CN train to A Ma Baie. Or drive west on Gouin past Pitfield, make a left turn on Alexander and continue to Cloverdale, where you park. There's a path that leads into the woods, and we're told you can hike for miles. Your hikers' picnic should be healthy and simple: meat loaf sandwiches, fresh fruit, raisins and chocolate chip cookies for energy, and cold apple cider.

If we've missed your favorite picnic spot, please let us know. Especially if it's a good place for hard-cooked eggs, scallions, ripe Brie, a baguette, and a thermos full of martinis.

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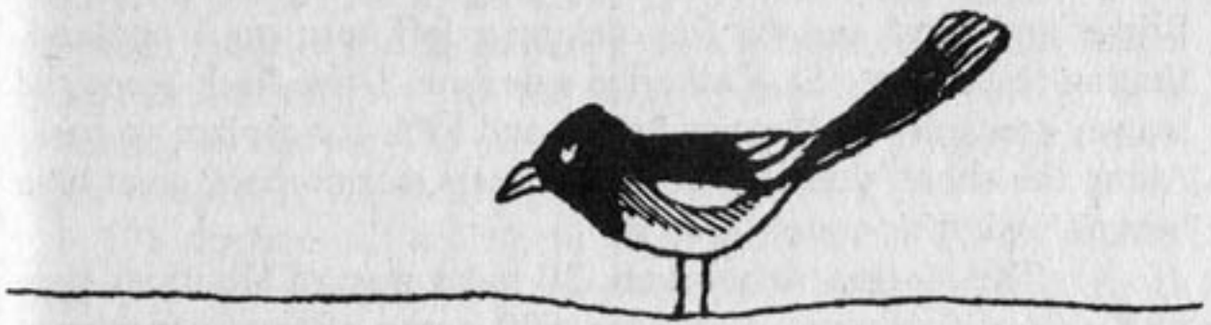
In Search of the Rufous-Sided Towhee



We used to think birdwatching was a pastime for horsey-faced British matrons in tweeds.

And then we discovered that Montreal birdwatchers are French, English and whatever, and include businessmen, lawyers, a prominent theatre "name", housewives, secretaries, stock-brokers, schoolboys, and the healthiest little old ladies you ever saw.

We discovered that this sometimes smoggy metropolis is a home for thousands of fantastic birds – many of them as brightly coloured as the kind you'd find in a Brazilian jungle. In his book, *Birds of Montreal*, published in 1896, Ernest D. Wintle catalogued 254 species which he observed in the vicinity of Montreal – and many of these can still be seen. (Watch for this book in used book shops or at book auctions – it's terrific.)

We also discovered that there are three kinds of birdwatchers – or "birders," as many prefer to be called.

1. The Life List Scribbler.

He or she has but one ambition – to see every single species of bird in the world. Life List Scribblers will fly off to Afghanistan and other remote parts of the world to see a rare bird, just so they can check it off their list – and then they'll catch the very next plane back.

2. The Amateur Ornithologist.

Members of this serious-minded species are more interested in the habits of birds than in how many kinds they see. It's the Amateur Ornithologist who ventures out in near-zero temperatures in late December to participate in Montreal's Annual Christmas Bird Count. Among Montreal's Amateur Ornithologists is one businessman who keeps binoculars in his office on the 24th floor of Place Victoria – from where he has spotted a goshawk, pigeon hawk, red-tailed hawk and other interesting birds.

3. The Dilettante Birder.

A DB may own two pairs of binoculars and numerous bird books, but he or she has never gone on a field trip. A DB's idea of birdwatching is to go on a picnic and take the binoculars along just in case he or she spies a Great Crested Flycatcher.

It had to be a DB who wrote a letter to the **Gazette** last spring, asking whether the strange scratching bird he had seen could have been a red-eyed rufous-sided towhee. (An AO wrote

back to say that it probably was.)

Anyhow, you don't have to go far to see birds in Montreal. If you live in a house on a tree-lined street, you'll see many different species just by keeping your eyes open. In the past year, one Montreal West resident has spotted close to 50 species in or from his own backyard. If you live in a downtown apartment, try putting up a birdhouse on your balcony: you might attract tree swallows, as one downtown bachelor has done. Or simply take your binoculars to the Mountain and you're sure to see something besides robins, sparrows and starlings.

To become a Dilettante Birder, you'll need a pair of binoculars (preferably "7 x 35" or better yet "7 x 50"). Inexpensive Japanese ones will cost $25 or less. You'll also need a field guide – otherwise known as a bird book. Most DB's prefer *Birds of North America* by Robbins, Brunn, Zim and Singer. Roger Tory Peterson's *A Field Guide to the Birds* is okay too. Both are paperbacks and sell for around $5.00.

If you have a yard, buy *The Hungry Bird Book*, a 95¢ paperback by Robert Arbib and Tony Soper, and *A Garden for Your Birds* by Rupert Barrington, about $6.00. These books tell you how to attract colourful birds to your yard by planting tasty shrubs and annuals, and by setting up properly designed birdhouses.

WHERE TO GO BIRDING

The best time to birdwatch is during the migratory season in May – before the leaves come out on the trees. September and early October are good, too – but it's possible to see birds any time if you go to the right places. Early morning (right after sunrise) or dusk are the best times.

1. **Mount Royal Cemetery.** This 200-acre expanse of semi-open and wooded terrain is said to be the best bird area in Metropolitan Montreal. The cemetery contains many Siberian crabapple trees which lure orchard-loving birds such as the Baltimore Oriole. Also nesting here are brown thrashers, catbirds, vireos, goldfinches, indigo buntings, flycatchers, woodpeckers, sparrow hawks, screech owls, yellow warblers and ring-necked pheasants.

2. **Summit Park.** A small, almost wild bird sanctuary operated by the City of Westmount, directly opposite to the Westmount Lookout, Summit Park provides a summer home for all sorts of warblers, scarlet tanagers, rose-breasted grosbeaks, catbirds, indigo buntings, crested flycatchers, goldfinches, flickers, blue jays, brown thrashers and various hawks and owls.

3. **Cote St. Catherine Seaway Locks.** Go across the Mercier Bridge and drive east on 9c, making a left turn on 3 and continuing to the Cote St. Catherine campsite. Drive back along the seaway towards the Mercier Bridge and look for a place to park. Along the shore, you may see mergansers, cormorants, great blue herons, and other water birds.

4. **The Morgan Arboretum.** 20 miles west of Montreal, near Exit 12 of Highway 2/20, are 600 acres of nearly primeval woodlands and 12 miles of foot trails. Many species of warblers nest in this heavily forested area. The three small ponds and one artifical lake also attract red-winged blackbirds, and various species of ducks and sandpipers.

Owned by McGill's Macdonald College, the Arboretum is supported by corporate and public memberships. ($12 individual, $18 couples, $30 family.) Members have free access to the Arboretum and can buy its products – maple syrup, fireplace wood, trees and shrubs – at reduced rates.

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Non-members may visit the Arboretum at a cost of $2.00 per car, $1.00 per person.

5. Mont St. Hilaire. Next to the Beaver Lake part of Mount Royal, Mont St. Hilaire is probably the busiest green place in the Montreal area – with around 3,000 visitors on sunny summer Sundays. Don't even attempt to go here on weekends after noon – by 11 a.m., the parking lot is full.

Also known as the Gault Estate, after its owner, Brig. Gault, Mont. St. Hilaire is divided into two parts. The eastern part, consisting of 1,000 acres, is a biological preserve accessible only for scientific research, and administered by McGill University.

The western portion, 1,200 acres, is open to the public, and is operated by the Mont. St. Hilaire Nature Centre. The Centre has a crew of 12 nature "interpreters" who will take visitors along the trails – but in spring, they're generally booked up with school tours on weekdays until the end of June. Fortunately, bird-watching is best in the early morning and evening when most other visitors are still sleeping . . . or have left.

178 species of birds have been sighted here. You're most likely to see kingfishers, ruby-throated hummingbirds (both around the lake), yellow-shafted flickers, pileated, downy and hairy woodpeckers, yellow-bellied sapsuckers, wood and hermit thrushes, and, in the decaying orchard, the Baltimore Oriole. And, yes, the red-eyed rufous-sided towhee.

Admittance is free at all times, but there is a parking fee of $1.00 on weekends. Get here by taking the Expressway #20 to Quebec City, and taking the Mont. St. Hilaire exit. You may have to ask directions: Nature Centre officials have deliberately neglected to put up signs, figuring that they have more than enough visitors already.

BIRD CLUBS

Once you've managed to identify a couple of dozen birds – and know the difference between yellowthroats, yellow warblers and goldfinches – you may want to join a club and go on field trips.

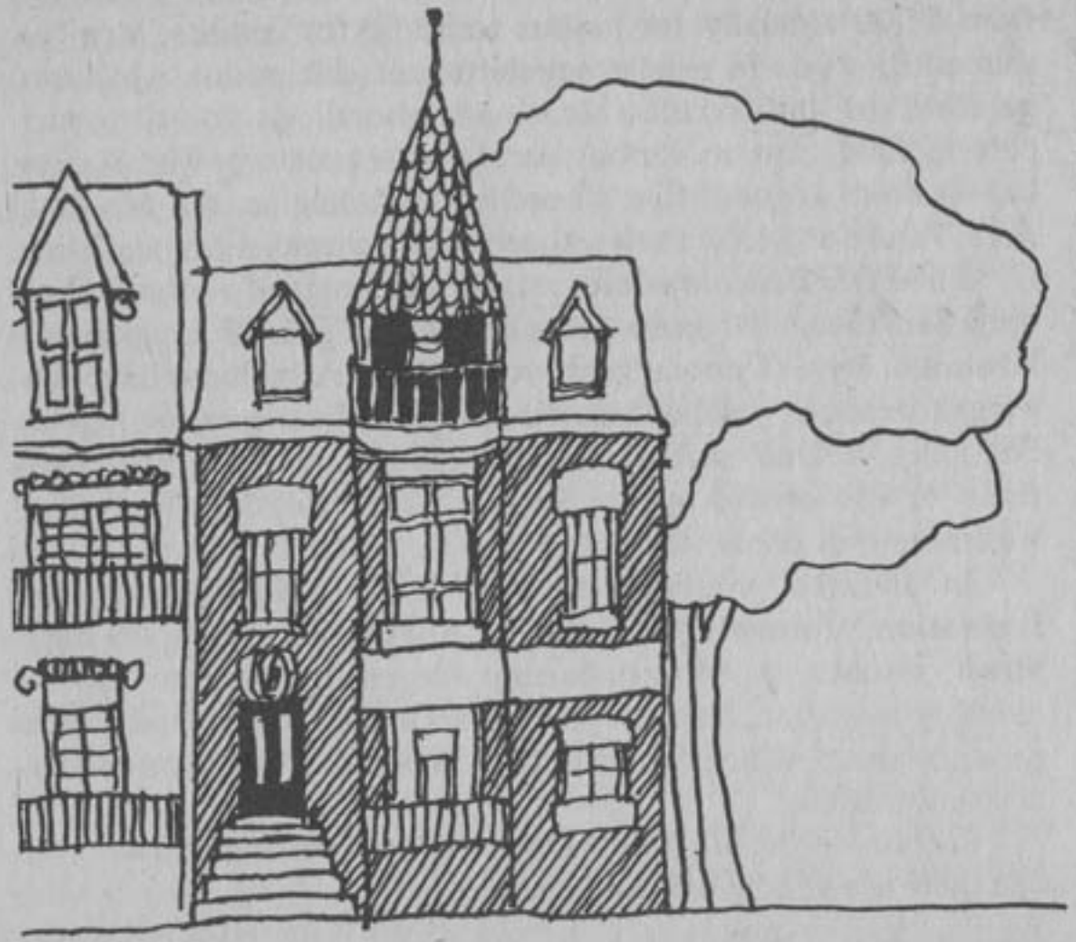
Your best bet is **The Province of Quebec Society for the Protection of Birds**, a group which has been instrumental in establishing bird sanctuaries in the province. Membership fees range from $1.00 annually for juniors to $8.50 for families. Membership entitles you to regular newsletters of club events – lectures, nature films, bird counts, etc. – and also allows you to participate in field trips to various parts of the province. The Society has printed a good free pamphlet, "Birding in the Montreal Area," and for $1.00 they will sell you a checklist of local birds.

The PQSPB also operates – and owns part of – the Philipsburg Sanctuary, 50 miles from Montreal on Lake Champlain's Missisquoi Bay. (Unusual birds you'll see here include the rough-winged swallow, yellow-throated vireo and field sparrow.) Ile au Perroquet, a small seabird nesting island in the Lower St. Lawrence, is also owned by the Society. Write to 83 Holton Ave., Westmount, or phone 486-3531.

In addition, you may want to join the **Canadian Nature Federation**, (formerly the Canadian Audubon Society), 46 Elgin Street, Ottawa. A $5 membership fee entitles you to the bi-monthly magazine, Nature Canada, and makes you a member of a pressure group which is attempting to preserve Canadian wilderness and wildlife.

See you in the Mt. Royal Cemetery at dawn tomorrow? Last one there is a yellow-bellied sapsucker.

Now You See It... now you don't



In September, 1973, while Montreal-lovers sobbed their hearts out, the wreckers demolished the beautiful Van Horne House at the corner of Stanley and Sherbrooke. Since that time, more inimitable examples of Montreal Victoriana have been destroyed to make way for steel-and-glass skyscrapers.

We're starting to become used to that empty-pit feeling whenever we see a wrecking ball whomping away at a lovely old turreted house. But nevertheless, driving along widened Dorchester Boulevard, one can't help wondering if the five minutes saved in traffic is worth the loss of the grand old homes that used to grace it. And on Simpson, below McGregor, can those two new choc-a-block apartment buildings with their sunless balconies *really* replace Miss Caverhill's house where the ground was blue with scillas every spring?

But then, we're Victoriana addicts. So is Peter Haley, an architect who owns an elegant old townhouse on Seaforth. Haley looks at Montreal in terms not only of old buildings – but of beautiful, functional old streets and communities that should be preserved.

We asked him to work out a tour of some of Montreal's vulnerable beauty spots – places which should be preserved but

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may vanish as surely as the Van Horne House. We made our tour in an afternoon by car. You can also do it by bike, if you're ambitious.

Stop #1: Police Station #6 at Letourneaux and Notre-Dame East, three blocks east of Pie IX. This station, originally built as the town of Maisonneuve fire station in 1915, was designed by a disciple of Frank Lloyd Wright, and it's an excellent example of the Chicago "Prairie Style." Haley tells of taking a group of European architects to see this station. "They were stunned when they saw this building. It's so close to the kind of work Wright did."

It takes an architect to appreciate and point out the solid stone slabs used as canopies over the doors . . . the beautifully cut stone windowsills . . . the simple grillwork doors.

Most important, the building relates to the scale of the street. In 1915, Maisonneuve was a working-class town, an area of simple two-story houses. Now, the old streets are being razed for heavy industry, and the former fire station, once a focal point of the community, stands forlornly amidst the rubble.

See this architectural jewel while some of its setting remains . . . before it becomes lost in a maze of factories and gas stations. Nearby on Notre-Dame, for example, is an old house with a "New Orleans" style covered balcony running its entire length. "It's something you see in the towns the Acadians settled in," Haley says. "Look, they even cared enough to make a pattern with the boards underneath."

Stop #2: St. Denis Street just above Roy. When just one building on a street starts to decay and is demolished, the whole street becomes vulnerable. (Our dentist says the same thing about teeth.) The west side of St. Denis, just above Roy, is a whole street of two- and three-story Victorian houses, built of limestone with quaint cupolas and other niceties. "This was once a very good street," Haley says. "There was probably a boulevard down the middle." These houses are a little shabby but in fairly good shape – although our generation has made some crummy additions to a few of them. "But they're probably owned by speculators, and when one is sold, the rest will go, too."

See this part of St Denis – and envision it with a fresh paint job and flower boxes at every window.

Stop #3: St. Louis Square (St. Denis, just above Sherbrooke.) The square is, of course, more famous as the place where separatist demonstrations begin. But architecturally speaking, if it were anywhere else in the world (London, Paris, Lisbon?) this square would be known as one of the most *chic* places to live. It is faced with once-elegant one and two-family homes, many of which are now rooming houses. (Notice the bay windows, lined with shutters, rather like the houses in Boston's chic Back Bay area). As we go to press, the residents are fighting developers who want to build two large high-rise buildings just off the square, which would have the effect of casting a permanent shadow over this lovely, sunny park.

Stop #4: Terrasse St. Denis. Drive, bike or walk down St. Denis past Sherbrooke, and turn right into the first small alley you see. This cul-de-sac, once cobblestoned, is a tiny enclave of three-story houses (one- and two-family dwellings) with severe limestone facades. In London, a nook like Terrasse St. Denis would be a charming, well-kept mews. In Montreal, it's little more than a seedy alley, overgrown with thistles, adorned with somebody's old chair, and bedecked with For Sale signs. It was once an upper-middle-class street, and it could be again. Picture it with brightly painted doors and pots of petunias out front. But right

now, shabby and neglected, it seems to be waiting for the bull-dozers.

Stop #5: St. John the Evangelist Church on de Maisonneuve across from Place des Arts. This turn-of-the-century church with its gracious exterior, intricate grillwork, and patterned brick interior is another seemingly vulnerable monument. Shrinking church attendance combined with urban redevelopment has made many of Canada's downtown churches outmoded – and St. John the Evangelist, once an important part of the community fabric, is no exception.

Stop #6: McGill Victoriana. Make a walking tour of the perimeter of the McGill campus. Up University, along Pine and down Peel. At one time, the campus was edged with grand old houses . . . slowly but certainly they are coming down. In the past year, most of the old stone houses on the west side of University, below Pine, have been demolished to make room for the new Physics Building, and along McTavish, a whole row of lovely old houses was destroyed in the spring of '74.

McGill has also inherited a number of other nearby estates, among them Purvis Hall at 1110 Pine, with its turrets and towers (also slated for demolition) and Hosmer House, a red Scottish sandstone marvel. Hosmer House (northwest corner of Peel and McGregor), built by one of Van Horne's CPR cronies, has spacious grounds, elegant porches, and a covered *porte-cochère*, and is perhaps even grander than the lost Van Horne House.

On the east side of Peel, above Sherbrooke, is one of downtown Montreal's few complete streets of Victorian town houses – now converted into multi-family dwellings. These houses are also owned by McGill and their continued existence may be questionable.

Stop #7: Sherbrooke Mansions. Until autumn, 1973, the Stanley-Sherbrooke area was the site of six grand mansions. Now, only four remain. On the southwest corner of the intersection, next to the Berkeley Hotel, is the former home of Lord Atholstan, founder of the Montreal Star – a home which at one time was the finest townhouse in Montreal. Note the quality of design and construction, the deeply recessed porch, and the ornate facade, rather like a Florentine palazzo.

On the south side of Sherbrooke, between Stanley and Drummond, are the Mt. Royal Club, the Forget House, and the mansion now owned by the Corby's company. In these days of rapidly increasing property value and taxes – how long can the owners afford to maintain them as they are?

Stop #8: Crescent Street, between de Maisonneuve and Sherbrooke. This is the *only* street of Victorian townhouses in downtown Montreal which remains intact on both sides. These brick and stone one-family dwellings are well-kept and in excellent condition, and many Montreal-lovers believe that the whole block should be made into a civic or national monument.

Anti-pollution groups have been campaigning for years to have St. Catherine Street turned into a mall – but wouldn't it be more feasible to turn Crescent Street, particularly the upper part, into a flower-lined square, closed to traffic – and open to pedestrians, shoppers and people-watchers?

Old buildings vanish because people don't care enough – until it's too late. By the time the public is angry and aroused, the building has frequently become run-down, and the developer has spent vast sums of money for the valuable land on which it sits. If you want to help preserve Montreal's disappearing Victoriana, your best bet is to phone Save Montreal, 844-2266.

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Insiders' Chinatown

Also on the Now You See It list is Montreal's Chinatown – now located in the area around Clark and Lagauchetière.

Place Guy Favreau, the $100 million centre the federal government is planning to build, will cover the area between Dorchester, Lagauchetière, St. Urbain and Jeanne Mance Streets. This means that Chinatown's three churches, the Chinese Catholic, the Presbyterian, and the Pentecostal, plus a few businesses such as the Wong Wing noodle factory – Chinatown's largest single employer – and the Chong Wah noodle company will have to move to other locations.

The only consolation is that more than half of Chinatown will remain exactly as it is, including the main strip of restaurants along Lagauchetière.

In anticipation of the move, Chinese merchants are busy snapping up properties around St. Lawrence and St. Dominique, and already Chinatown is shifting a few blocks east.

Montreal's Chinatown began in the 1860's, when the first Chinese emigrated in large numbers. Most of them came from Canton province in the south of China, and the food they brought with them was Cantonese: egg roll, roast pork, dim sum, egg foo yung. And, of course, the dialect they spoke was Cantonese.

The community took a long time to grow because until about 1950, only diplomats, merchants, and clergymen were

allowed to bring their families with them. Many Chinese men came out alone and never saw their families again; some of them married Montreal women (often Québecoises), and settled down to raise a second family.

Today the Chinese population of Montreal is estimated at more than 20,000, of which about 1,000 live in Chinatown. The present boundaries are east from Cheneville to St. Lawrence, and north from Craig to Dorchester. The area north of Lagauchetière is leased from the city; the district south of Lagauchetière is privately owned.

Our guides around Chinatown were Richard Chan, his wife Brenda, and their 3-year-old daughter Susan. Richard, along with his brother, owns and operates the **Canadian Chop Suey Co.** at 1110 St. Lawrence, supplying bean sprouts to many of Montreal's 200 Chinese restaurants.

Richard, now in his thirties, and a first-generation Canadian, has lived in Chinatown all his life. His grandfather was one of the first Chinese to come to Montreal, and in fact was the one who originally leased Chinatown from the city fathers.

One of the biggest changes in the past five or six years has been the influx of immigrants from the People's Republic of China – mostly Mandarins – who now form a large percentage of Chinatown's population. Many of them have opened restaurants and grocery stores in Chinatown; any place where the decor is predominately red and gold is run by the new Chinese. (The recently opened **Van Roy** restaurant on Clark is an example.)

The busiest day in Chinatown is Sunday, when Chinese from all over the city come to go to church, meet their friends, and do their shopping. Unlike most Montreal retailers, Chinese grocery stores have been allowed to stay open on Sundays, since the days when the Chinese community used to work 14 hours a day, 6 days a week, and Sunday was the only day they had to shop. Now they're still allowed to remain open, largely because the type of produce they sell isn't in competition with other grocery stores.

Part of the Sunday tradition is going for "Dim Sum", or teacakes: pork, beef, shrimp, crab, vegetables or sweetmeats covered with dumpling. Dim Sum used to be served only on Sunday, but they've become so popular that some restaurants now serve them every day of the week.

Chinatown teems with societies and associations, some bearing the names of Chinatown's great old families: the Lee Association, the Wong's, and the Hum's, who among other things exist to help members of their own clan. There's a Chinese Family Association, various church groups, ladies' groups, and youth groups. Most of the Mandarins belong to the new Pentecostal Church. The Chinese Nationalists have their league on Clark Street, and the People's Republic have their Freemason Society on Lagauchetière, hung with red and gold banners.

"The Chinese are great gamblers," says Richard. "There are two gambling clubs in Chinatown, open to Chinese only, where the men go in the evening." These days all they can legally play is Chinese Checkers (Mah Jong), and they aren't allowed a liquor license. (Chinese women also play Mah Jong, but usually only at home.)

The best almond cookies in town are made fresh daily at the **Fong Wong Bakery**, 1057 St. Lawrence, along with moon cakes, sweet-melon, honey noodle, black bean and ginger cakes, and Chinese egg tarts. Chinatown also has its own Post Office, on Lagauchetière near St. Urbain, with Chinese-speaking employees

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and postmaster (it also stays open on Sundays); its own **Hong Kong Tailor** at 1101 St. Urbain, where they do both Western-style and Chinese tailoring; and soon it will have its own theatre for Chinese plays and films.

Chinatown used to have a hospital on Lagauchetière, but in 1965 it became the Chinese Hospital of Montreal and moved to St. Denis. Dr. Suke-Yen-Lai is the only doctor left in Chinatown, although there are about 50 other Chinese doctors in Montreal – many of them with non-Chinese patients.

The one thing Montreal's Chinatown doesn't have is its own newspaper. Instead there are bulletin boards in Chinese only, where the day's news and events are pasted one on top of another. Chinese books, magazines and records from the People's Republic and Hong Kong, as well as Chinese newspapers from Toronto, Vancouver and San Francisco are available at the **Star Book Store**, 104 Lagauchetière W., **Sun Ko Wah**, 1106 Clark (who also have Chinese-English dictionaries and books on acupuncture); **China Book Store**, 21 Lagauchetière E., and **Vachon Book Store**, 106 Lagauchetière W.

Most of Chinatown's 15-odd restaurants serve Cantonese food – Marlon Brando was once seen at the **Lung Fung** on Lagauchetière. The **Nanking** is the most old-fashioned, with its private booths. The **Shanghai** at 1129 Bleury, strictly speaking not in Chinatown, serves much more peppery dishes, and the new **Van Roy** on Clark has Mandarin food.

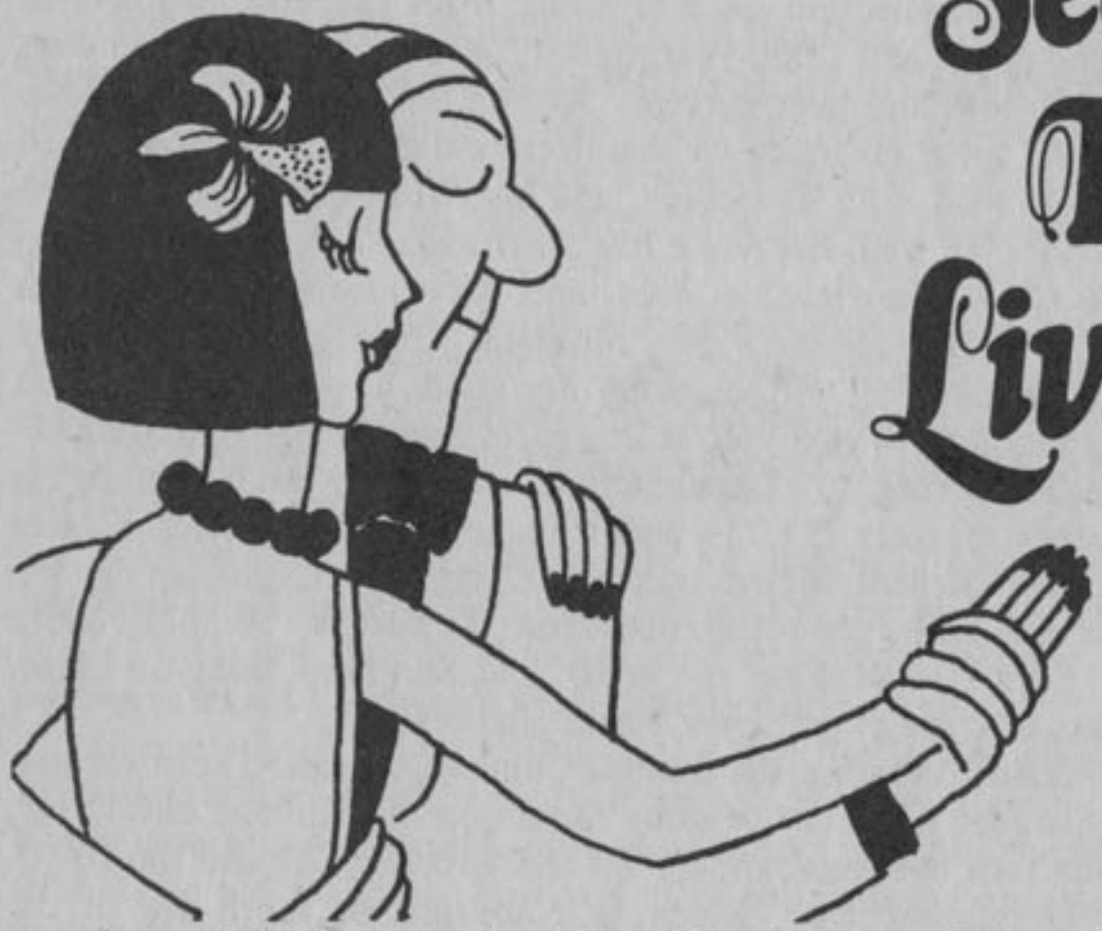
For Chinese cooking enthusiasts, Chinatown's grocery stores are stocked with anything you could possible need Fish, meat and fowl are bought locally and then roasted or dried by the grocers themselves. Most make their own bean curd too. Fruit and vegetables such as Chinese cabbage, snow peas, mustard greens, Chinese turnip and winter melon are brought in from Ontario and California.

The largest is supermarket-style **Leong Jong** at 999 Clark, with a vast selection of everything from bamboo steamers to canned goods and 1,000-year eggs ($2.40 a dozen), plus their own famous pork and liver sausages. At **Sun Sing Lung**, 72 Lagauchetière W., great takeouts: we saw livers and gizzards being chopped up, sprinkled with soy sauce, and beautiful roast duck, chicken and pork as well. Everyone has a particular favourite: **Kiu Sing**, 1096 Clark (Brenda Chan does most of her shopping here); **Kuen Lick**, 78 Lagauchetière W., **Montreal Chinatown Grocery**, 92 Lagauchetière W., with as many dry goods as groceries, and Dim Sum teacakes to take out at 25¢ each; **Sun Ko Wo**, 63 Lagauchetière; **Kum Ying**, 112 Lagauchetière, where you can buy black tea in straw baskets ($1.75) and Chinese teapots in wicker cases ($13.50). Recent additions are **Tu Ching**, 149 Lagauchetière W., with most of its goods imported from the People's Republic (note the picture of Mao on the wall); and **Sun Ngai Hong** on Clark, with a mixture of groceries, books, and records.

Then, there are the famous Chinese festivals. There are two big parades when the dragons come out: the Chinese New Year, which falls between January 20 and February 20; and the 10-10, or Nationalists' Day, which falls around the tenth day of the tenth month, October 7-10.

There are also two annual bazaars: the Chinese Catholic Church bazaar, which takes place every year around the Double-Ten celebrations in October and lasts three days – and the Women's Auxiliary of the Montreal Chinese Hospital, whose annual bazaar falls around the beginning of November, one day only, from 11 a.m. to 9 p.m. at 1101 Clark Street.

See At Live



Live professional theatre is flourishing in Montreal these days – in French, English or sometimes other languages. For many years, French-language theatre has dominated Montreal's dramatic scene, and the playgoer can generally choose from a half-dozen productions. There are **Théâtre du Nouveau Monde**, 84 St. Catherine West (861-0563); **Théâtre du Rideau Vert**, 4664 St. Denis (844-1793); **Théâtre de Quat'Sous**, 100 Pine East (845-7277); **Théâtre d'Aujourd'hui**, 1297 Papineau (523-1211) and the two smaller theatres of Place des Arts, **Théâtre Maisonneuve** and **Théâtre Port Royal**, (842-2112).

In the nineteen-fifties and sixties, Montreal's English-language theatre was dismal, and on occasion, nearly nonexistent. With the seventies, however, arrived a surging interest in English-language theatre – accompanied by sell-out box office in some cases. Hottest English theatre in town is the **Centaur**, 453 St. Francois Xavier (288-6135), where the only way to be sure of getting a seat is to buy a season ticket: unfortunately this theatre is closed in the summer months.

The tiny, intimate **Revue Theatre**, 1858 De Maisonneuve West, and the **Saidye Bronfman Centre**, 5170 Cote St. Catherine, schedule performances – mostly modern dramas – throughout the year. The most charming of Montreal's theatres is **La Poudrière**, an ancient gunpowder storage building on St. Helen's Island, where frothy comedies, along with the odd serious work, are performed in French, English and sometimes German.

Most experimental is **Playwrights' Workshop Theatre Centre** 329 de la Commune (844-5784), producing plays by local writers.

Outside of Montreal, there are a number of summer theatres – perfect for a hot July or August evening. In the Eastern Townships, there's the **Lennoxville Festival** at Lennoxville, specializing in Canadian plays; the **Piggery** at North Hatley, which presented Noel Coward plays in 1973; and **Théâtre Marjolaine**, in Eastman, offering light entertainment in French. In the Laurentians, there is **Théâtre d'Eté Sun Valley**, near Ste. Adèle, with performances in French.

For the latest information on what's playing where, consult the weekend papers.

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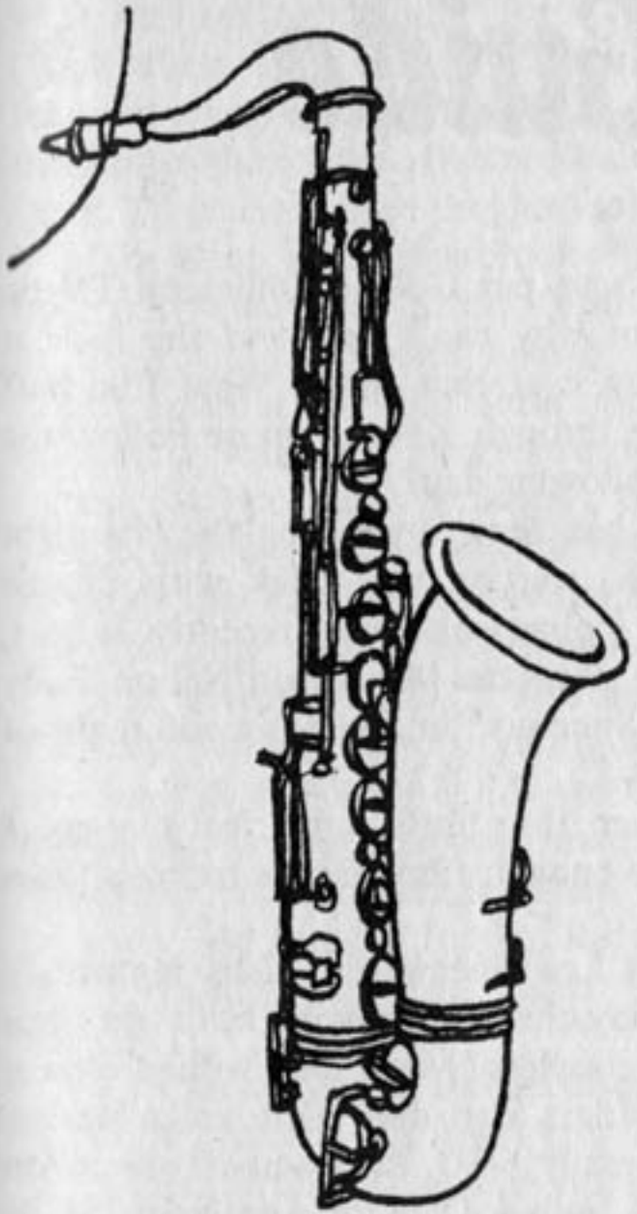

Hear At Live

The following is a partial listing of night spots where you can hear live music. You should also check entertainments sections of the weekend papers: special concerts in rock, folk, jazz and classical music are frequently held, and many are free.

Le Patriote, 1474 St. Catherine East. *Boîte à chanson* featuring mostly Quebec *chansonniers.* Nightly except Monday; Tuesday to Thursday at 9 p.m., Friday to Sunday at 8 p.m., late show Saturday at 11 p.m.

Rockhead's Paradise, 1252 St. Antoine. Live soul music each night at 9 p.m.

Cafe Mojo, 4599 Park Ave. Jazz and African music Wednesday through Sunday at 9 p.m.

Montreal Folk Workshop, The Legion, 1358 Dorchester West (at Crescent). Tuesdays at 8:30 p.m.

Karma Coffee House, 1476 Crescent, operated by the Sir George Williams University Students' Union. Folk music Wednesday through Sunday from 8:30 p.m.

Yellow Door Coffee House, 3625 Aylmer. Folk music each night from 8:30 p.m.

Golem Coffee House, 3460 Stanley. Folk music Saturday and Sunday from 9 p.m.

Norm Silver's Moustache, 1445 Clossé. Live rock groups nightly from 9 p.m.

Edgewater Hotel, 288 Lakeshore Road, Pointe Claire. A variety of music from calypso and reggae to Jesse Winchester. Thursday through Sunday, 10 p.m.

Café St. Jacques, 415 St. Catherine East, has featured mariachi music for the past while. This 50-year-old café, expropriated by the Université de Québec, is slated for demolition in the near future. Visit it while you can.

Café Campus, 3315 Queen Mary Road, and **Café St. Vincent** (corner of St. Amable and St. Vincent, in Old Montreal) are both extremely popular with Francophone students.

The Film Buff's Movie Guide

That idea of Channel 6's to put Golden Oldies on TV on Sunday nights is great – but why can't they *end* the flick at 11:48 p.m. instead of starting it at that time? What film buff wants to fall asleep mid-way through Key Largo or Follow the Fleet, or be bleary-eyed the following day?

John Higgett of CBMT has been organizing the late-night **Ciné-Camp** series since 1966, starting way back with Charlie Chan, George Arliss, Sherlock Holmes, and more recently, Bogart, Gable, Lombard, Garbo and Jeanette Macdonald/Nelson Eddy retrospectives – not just on Sundays, but every second night of the week.

That's for the nights when film buffs don't feel like going out. When they do, there are enough film classics to keep them busy every night of the week.

Encore I and II (formerly Les Cinémas du Vieux Montréal), 136 St. Paul East, are two tiny theatres showing both old films and first runs. Over the past couple of years they've had Horror and Western films, Hungarian films, Canadian films, and a Marlene Dietrich series. Times are generally 6:30, 8:15 and 10 p.m., with extra Sunday showings at 3 and 4:45 p.m. Admission $1.50 861-7863.

The **Outremont**, 1248 Bernard West, has been showing its "Festival of Festivals" for several years – first at 99¢, now at $1.50. It offers a different double feature every night of the

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week, with additional midnight shows on Friday and Saturday – and matinees on Sunday for a total of four different movies. (Each flick costs you $1.50 to see.) Recent programs have featured everything from Midnight Cowboy and Yellow Submarine to Marx Bros., Buster Keaton and The Night of the Living Dead. To receive a free program call 277-4145.

The Kent, 6100 Sherbrooke West, and the **Van Horne**, 6150 Cote des Neiges were among Montreal's first commercial cinemas to show Golden Oldies among their regular fare. During the Bogart series at the Van Horne, Quebec's Justice Minister Jerome Choquette was seen at a showing of The Maltese Falcon, his trenchcoat buckled à la Bogey, and accompanied by two bodyguards. Alas for Jerome and the rest of us film buffs, just as we go to press, the Van Horne is switching to a policy of showing first-run films only, and the Kent may become a gas station.

The **Piccadilly**, 5025 Sherbrooke West, was taken over in 1971 by two enterprising young women. Since that time, they've run festivals for Bogart, Edward G. Robinson, Cagney and W.C. Fields, as well as showing more recent classics such as The Godfather and Siddhartha. They also have midnight specials on Saturday and Sunday for $1. Regular admission is $2. Watch for the Piccadilly to open more branches in the near future. 486-2811.

La Cinémathèque Québecoise, Bibliothèque Nationale, 1700 St. Denis, started out ten years ago as the Cinémathèque Canadienne on McGill. Over the years, they've shown Canadian and Quebec-made films as well as films from Africa, Belgium, France and Russia. They recently held a complete retrospective of the films of Sergei Eisenstein, and a festival of Mexican cinema at which Mexican film-makers were honoured guests. Showings are Tuesday to Friday, 7:30 and 9:30 p.m., mostly in French. Admission 75¢. 866-4688.

Conservatory of Cinematographic Art, Sir George Williams University, owes its founding in 1968 to Dr. Serge Losique. Dr. Losique is the man who brought Roberto Rossellini to town to judge the Canadian Student Film Festival a few years ago; last fall he brought Frank Capra. Since 1968 he's arranged innumerable retrospectives, most recently Dietrich, Garbo, Monroe, Harry Langdon, The Marx Brothers, The Western, The Horror Film, Eros in the Movies, Science Fiction, Contemporary German Films, and Mexican Cinema 1930-1940. Other series include a week of Bulgarian cinema, the First 20 Years of Film – some of the earliest ever produced, including early works of Edison and Gaumont, along with Kemp Niver who restored them, and Homage to the NFB. Showings are Thursday to Sunday, 7 and 9 p.m. Admission: students 50¢, public 75¢. 879-4349.

Loyola Film Series, F.C. Smith Auditorium, 7141 Sherbrooke West, is part of a course in Communication Arts given by Loyola's Marc Gervais. The Wednesday night films, which are open to the public, are discussed by the students in Thursday's class. The recent Gangster, Crime series was followed by an Orson Welles retrospective (Citizen Kane, Lady from Shanghai, Othello, etc.), and Bergman and the Swedes. Wednesday nights, 7:30 and 8:45 p.m. Admission 99¢. 482-0320.

McGill Film Society, established about 12 years ago, is primarily for McGill students, but the public may attend. This season they had goodies galore: a Howard Hawks series; Canadian films, including Wow, Neon Palace, and The Ernie Game; Surrealism in Films; Mervyn Leroy films; and Japanese films. In general, there's a special series for every day of the week, and the

schedule is a complicated one. Times are 7 and 9:30 p.m., mostly in Leacock Room 132. Prices vary, and you can get season tickets. 392-8925.

The National Film Board at its downtown theatre, 550 Sherbrooke West, continues its Ciné-Participation film-viewing and discussion, with French and English-speaking film makers and actors (when possible). The season starts around October 1, Tuesday evenings only, 8:30 p.m. They are also showing at 7 other centres, including the St. Urbain Community Centre. Free of charge. For more information, call 283-4823.

Others deserving mention are: The **Université de Montréal's** Ciné-Campus which shows flicks, mostly in French or with French sub-titles, in the grand auditorium of the main building. Admission students 75¢, public $1.50. 343-6111. **UQAM**, Université du Québec à Montréal's Ciné-club, has Monday films at 5:30 and 8:30 p.m., and Thursday films at 8:30 p.m., in both English and French. Pavillon Lafontaine, 1301 Sherbrooke East, 876-5500. **Le Vidéographe** at 1604 St. Denis, shows Quebec and French-language films, daily except Monday, at 6 and 8 p.m. 842-9786. **Geothe Institute**, 3418 Drummond, and **Italian Cultural Institute**, 1200 McGregor, from time to time offer their own language films free of charge. Call 849-2244 and 849-2368 respectively. And **The Film Box** in Ste Anne de Bellevue is a tiny art cinema that nearly always has something interesting. 457-5341.

In a category by themselves are **The Annex**, 1445 Bishop, a cinema restaurant where the movies (good, bad or indifferent) are part of the fare from 7 p.m. each evening; and **The Rainbow Bar and Grill**, 1430 Stanley, who show flicks in a little back room – anything from King Kong to Walt Disney's Mickey Mouse and Sleeping Beauty – with changes every few days.

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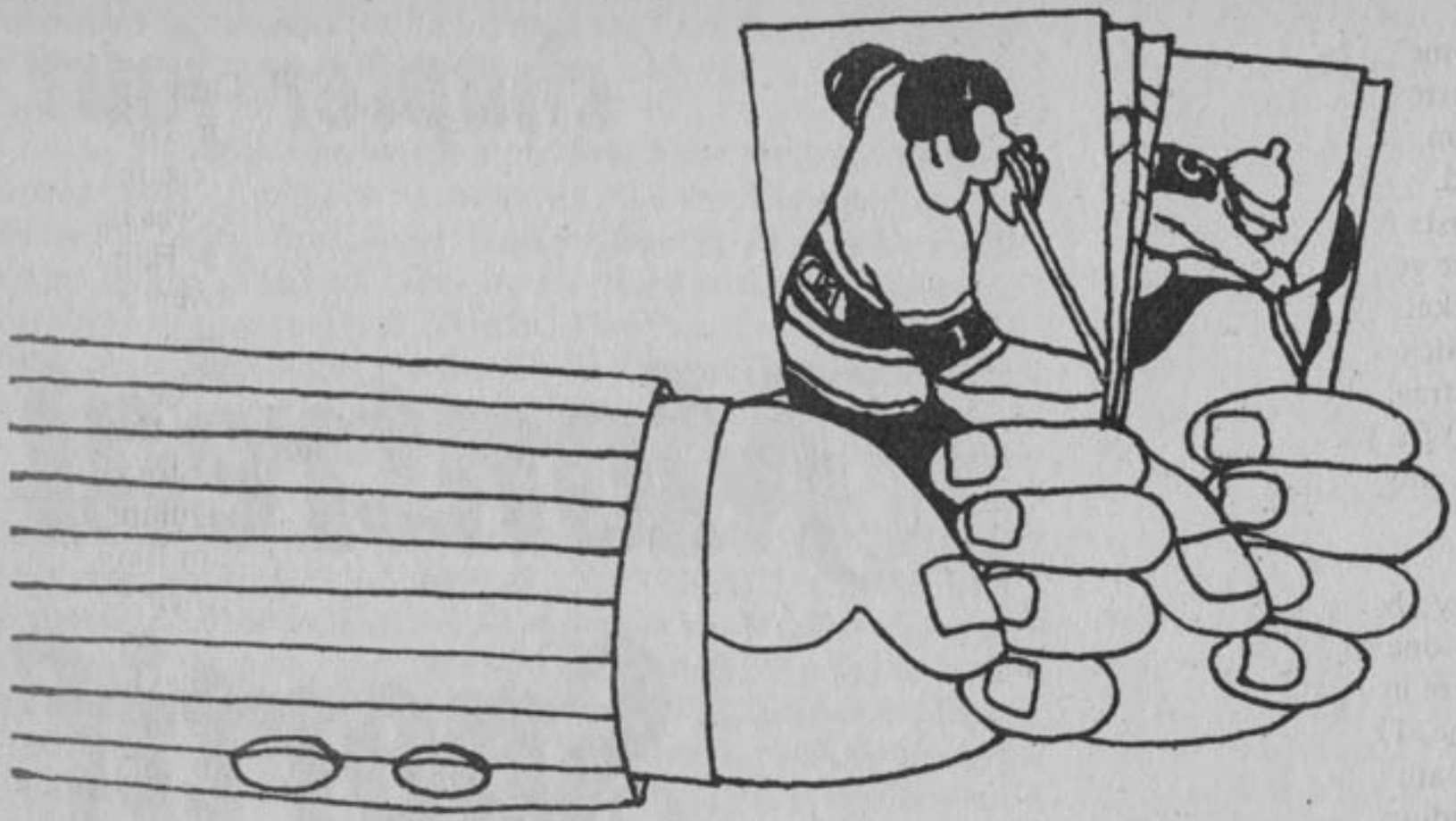
chapter four

Montréal Sportif



A Guide to Montreal's Spectator Sports

Over the years, Montreal has maintained a reputation as a sports centre that's been the envy of nearly every other Canadian city. Not only are we the only city in Canada with a major league baseball team; a hockey team which has won more Stanley Cups than any other; and a racetrack considered to have some of the best harness-racing horses in the world – but the number of lesser-known and amateur sports that take place here are enough to fill any sports buff's calendar.

HOCKEY

Les Canadiens (when they are winning) are our most successful team, with a grand total of 18 Stanley Cups (including a spectacular 5-year winning streak 1956-60). They've also had more than their share of superstars: Newsy Lalonde, Howie Morenz, Aurel Joliat, Toe Blake, Emile Bouchard, Elmer Lach, Maurice Richard, Doug Harvey, Bernard Geoffrion, Jean Beliveau and Ken Dryden.

The Club de Hockey Canadien, formed by J. Ambrose O'Brien, played its first game on January 5, 1910, in the old Jubilee natural-ice rink in the east end. After the Forum was built

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in 1924, they moved there for all their home games. At that time there were four cities in the NHL: Montreal, Toronto, Ottawa and Hamilton. Around 1925 the Boston Bruins entered the league, and other American teams followed.

The season starts early October and lasts till April – longer if they get into the playoffs. Home games are generally Wednesdays and Saturdays, 8 p.m. at the Forum; tickets are $4.50, $7 and $9.50. Of these, about 16,000 are season tickets. Needless to say, when the Canadiens are having a winning streak, tickets are nearly impossible to obtain. Your best bet: ask friends who are high-echelon executives, if their company has any extras.

BASEBALL

According to a recent Gazette survey, baseball is currently Montreal's most popular sport. It is also one of the oldest. The earliest organized ball game was played here in 1872, and in 1903 Montreal had a team in the Eastern League. The Montreal Royals were formed in 1928 as Montreal's first team in the International League, playing in the old Delorimier Stadium. The team folded in 1960, but in between were great years of baseball in Montreal when stars like Don Drysdale, Duke Snyder, Jackie Robinson, Roy Campanella, Don Newcombe, Roberto Clemente and others played here before going on to greater fame in the major leagues.

In 1968 Montreal obtained the franchise for the National Baseball League, and the Expos, under owner Charles Bronfman, played their first game at Jarry Park on April 4, 1969. In a regular season they play 162 games, half of them at home. Tickets range from $5 (box seats), $4.25, $3.50, and $2.50 (bleachers $1.50 for adults, $1 for kids). They're available at 27 TRS outlets in Montreal. Phone 878-3811 for the one nearest you.

FOOTBALL

Next to lacrosse, football is probably the oldest sport in Montreal. The Montreal Football Club was founded in 1868, and in 1874 the McGill Redmen played their first historic game with Harvard. For years football was an amateur sport and was limited to the Big Four: Montreal, Toronto, Ottawa and Hamilton, Montreal having two teams– McGill and MAAA. Even after it became a professional sport, the CFL remained Canadian.

In 1936 the MAAA abandoned football. None of the replacement teams had any impact until the Alouettes came on the scene in 1946. The fifties were the greatest years in Als history, with players like Sam Etcheverry, Hal Patterson, Red O'Quinn, Herb Trawick, Alex Webster and Pat Abruzzi. In 1970 Sam Berger of Ottawa bought the team and that year they won their second Grey Cup. (The first was in 1949).

At home, the Als play eight regular games plus two exhibition games. Season starts in early July. Tickets cost $4.50 to $8 and are available at TRS outlets. Season tickets cost $80 to $150 a pair.

RACING

The only major year-round spectator sport in Montreal, racing starts at Blue Bonnets on January 3 most years and continues till December 30 – a total of 280 days, with a switch to Richelieu Park (15910 Notre Dame East) for the month of September. Blue Bonnets was built in 1907 and thoroughbred racing went on there from 1907 to 1953, then started again in 1961 until 1973. As we go to press, it looks as if there will be no thoroughbred racing for the next few years. However Montrealers can take heart: our harness racing is considered among the best

anywhere. The Prix d'Été for 3-year-old pacers last year was the richest pacing race in the world for a purse of $130,000, and harness racer Herve Filion is the highest-paid performer in all Canadian sport.

Post time is 7:45 nightly except Tuesday, Sundays at 2 p.m. Clubhouse is $2.75, grandstand $1.75, and on Thursdays women get in for 25¢.

JUNIOR HOCKEY

The Montreal Junior Team plays a total of 70 games a season, half of them on home ice – generally Fridays and Sundays at the Forum. These are the ranks from which players such as Gilles Perrault, Marc Tardif, Guy Lapointe, Serge Savard and Réjean Houle rose to the majors. Tickets range from 50¢ to $2.50.

JUNIOR BASEBALL

Montreal Junior League, consisting of 18 teams (Laval, TMR, Verdun, etc.) plays 36 games from mid-May to end of September; there are also the West Island League and the Major Baseball League of the Province of Quebec. All play in municipal ball parks. No charge.

SOCCER

Montreal's professional soccer team, the Olympiques, has folded after three years of existence. However, amateur soccer is a growing sport – last year the National Soccer League of Quebec sold over 1/4 million tickets. The National Soccer League of Ontario and Cantalia play at U of M Stadium and Jarry Park, and the Metropolitan League plays at almost any park or stadium. Season goes from mid-April to end of October on Wednesdays, Saturdays and Sundays. With gate, $2. Otherwise no charge.

RUGBY

Quebec Rugby Union has about a dozen clubs in the Montreal area: TMR, Westmount, Wanderers, Montreal Irish, etc., nearly all with 2 divisions. Games are held Saturday afternoons from Easter to July, late August to early November, mostly in local public parks. No charge.

COLLEGE FOOTBALL

Seven colleges and universities in the Montreal area belong to the Quebec University Athletic Association: McGill, Loyola, Bishop's, Macdonald, Trois-Rivieres, Sherbrooke and CMR Season starts mid-September. Games are played in college stadiums and charge to public is $1 to $1.50.

LACROSSE

The oldest sport in Canada – the Algonquins. Hurons and Iroquois played the game before 1635. In 74, Montreal's first professional lacrosse team, Les Québecois, was organized. Season starts May 15 at the Forum; tickets $4 and $5. The St. Michel Junior Team, the only large amateur team in Montreal, plays once or twice weekly in the Arena Ville St. Michel.

CAR RACING

Formula-sports car racing starts with open practice in April at Sanair in St. Pie de Bagot, and continues to the end of September. There are three major events: Trans-Am, June 8-9; Players International (possibly at Le Circuit, Mont Tremblant) August 24-25; and Molson Grand Prix of Trois-Rivières, Sep-

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tember 1-2. Stock car racing also takes place at Sanair. There's drag racing at Napierville's 1/4 drag track. Big event is the Grand-national, August 2-3-4. Tickets for all are about $3-$5.

BOXING

More than half the boxers in Canada come from the province of Quebec. Latest superstar in pro boxing is 18-year-old Jean-Claude Leclair. Others include Paduano, Marcotte, Durelle, Bouchard. Matches take place at the Forum or Paul Sauvé; tickets are about $5, $7 and $10. There are about 12 amateur boxing clubs in the city, including Shamrock in Point St. Charles and Olympic on Park Ave. Matches are held a Paul Sauvé or Palestre Nationale. Admission ranges from $4 or $5 to no charge.

WRESTLING

Another year-round sport, wrestling takes place generally on Monday nights at Paul Sauvé or the Forum. Some of the all-stars include father and son Jacques and Raymond Rougeau, Denis Gauthier, Bobby Kay, Hans Schmidt, Lennie Hurst. Tickets go from $2 to $5.

ROLLER DERBY

Suddenly a very popular sport – although the action can get a little rough – roller derby is the only professional sport in which men and women play together on the same team. There are 18 teams in the international league; Canada has the Quebec Fleur de Lys and the Toronto Canadian All-Stars. The Fleur de Lys, with stars Paul "The Bear" Rupert, Skinny Minnie Miller, Francine Cochu and Diane Syverson, average 2 games a month in Montreal, at the Forum or Paul Sauvé. Tickets from $3 to $5.

The Bicycle Rider

If you want to see an honest-to-goodness Bicycle Nut, wheel over to the **Rockland Shopping Centre** in Town of Mt. Royal any Sunday morning, and watch the Baggio Old-Timers meet for their weekly 75- to 100-mile bicycle spin. They rally at 9:30 a.m. in spring and fall, 7 a.m. in summer, and bike from early March until December blizzards force them to stop. If that's not nutty, what is?

More Montrealers than ever before are tooling around on bicycles – as part of the all-round environment kick as well as for the sheer joy of cycling. But one of the biggest drawbacks to cycling in this city is that the parks – the most logical and ideal places to ride, especially areas like Mount Royal or St. Helen's Island – are off limits, thanks to a city law passed in 1874 which forbids cycling in parks. Cars are allowed; bicycles no. But which can do more harm – a car or a bike?

The only place cyclists can pedal freely in the entire city is on Sunday mornings in Westmount, when the City of Westmount cordons off a loop around de Maisonneuve Blvd. from 8 a.m. till noon. In past years, the "bike route" has operated in May, June, September and October, but was suspended in July and August because affluent Westmounters take to the country then. The idea was originally conceived by a young Westmounter, Marc

Bowles, now 14.*

Otherwise, it's every man, woman and child for him or herself. Montreal motorists aren't particularly tolerant of bicycle riders, especially in the thick of downtown traffic. The Montreal Bicycle Rider is up against other hazards too. There's no place to park your bike once you get where you're going (how many people keep their bicycles in their offices because there's nowhere else to put them?) And there's the constant threat of theft (how many people cart their Raleighs up three flights of stairs to their apartments every night?) About 4,500 bikes are stolen every year in Montreal – and most are never recovered.

Cyclists are probably the only Montrealers who would rather be in Ottawa, because the Capital City encourages rather than discourages bikers, with bicycle stands, cycling paths, and miles of road cut off from motorists on weekends. But Ottawa doesn't come anywhere near Amsterdam. where there are wide bicycle paths beside the main roads. and thousands of cyclists who, during rush hours, come swooping like a swarm of locusts on unsuspecting visitors.

Okay. So a day in the life of the Montreal Bicycle Rider reads like the Perils of Pauline. Nevertheless, Montreal bicycle sales are going up, more bike shops are opening, and people are paying more for the bikes they buy. 10-speed is the most popular, and almost a necessity in hilly Westmount, Outremont or downtown Montreal. If you live in the suburbs or don't ride very much, a 3-speed or 5-speed bike is enough. (Even a one-speed would suffice.)

** If you'd like to try out the Westmount Bike Route, here's how: Start at the corner of Ste. Catherine and Park Place. Ride N. on Park Place to Academy Rd, W. on Academy Rd to Melville and N. to de Maisonneuve. Ride E. on de Maisonneuve to Clark, S. on Clark to Ste. Catherine. Cross Ste. Catherine and ride behind the high school to Hillside. Continue on Hillside to Louis. Ride N. on Louis, cross Ste. Catherine and you're back at Park Place.*

BICYCLE SHOPS

Bicycle Nuts often end up owning bicycle stores – and they know their cycles inside out. In an all-bicycle or nearly all-bicycle shop, you stand a better chance of good advice and service. advises Richard Ballantine, author of *The Bicycle Book* ($2). We recommend his book, along with *The Canadian Bicycle Book* ($4) by Ken Smith, executive director of the Canadian Cycling Association.

Baggio, 6975 St. Lawrence, in the heart of the Italian district, is the most European bike shop in the city. Owner Frank Baggio was a hero in the days of Montreal's Six-Day Bicycle Race – held from 1928 to 1942 – and Baggio's is still a family business. Either Frank or son Willie can tell you all about the Baggio's Old-Timers. As well, they're complete specialists in the bicycle, selling bikes priced from $100 to $1300: Mercier Tour de France, Raleigh of England, and Torpado of Italy – which they consider to be the Cadillac of bikes. (They ride Torpados, natch.)

Louis Quilicot, 1749 St. Denis, carries Garlatti, Gitane, Rapido, Raleigh, C.C.M., – everything from tricycles to $500 racing bikes. Quilicot has been a family business since 1915 (Quilicot senior is father of the famous baritone). They started out in bicycle rentals – which they have since given up – and are famous for the "Tri-porteur Quilicot" or 3-wheel delivery bike, which they manufacture themselves.

Peel Cycle at 1398 Sherbrooke West, corner of Mackay, was started about 3 years ago by two young Bicycle Nuts, Bill MacDonald and Frank Zimnicki. They carry a wide selection: Peugeot, Raleigh, Bottecchia, Falcon, Apollo, Gitane,

Graziella tandems (bicycles built for two), among others. The downtown location couldn't be better. Not only that, they're open 7 days a week and do rentals: $5 a day for 3- and 5-speed bikes ($1.50 a day thereafter), and $17.50 a week for 10-speed.

Gordon's at 4111 St. Lawrence also take their bicycles seriously. They have Bottecchia, Raleigh, C.C.M., Sturm Turrer, and Graziella folding bikes. Their repair service is open 12 months a year.

A.B.C. Cycle & Sports at 5584 Park has been in the bicycle business for 45 years, 30 of them at their present location. They have an excellent stock, including Apollo Racing Bikes, Peugeot, Raleigh, C.C.M., Fiorelli and Coppi.

McWhinnie's at 5688 Sherbrooke West has been the West End's cycle centre for 45 years. They carry Peugeot, Raleigh, Torpado, Apollo, Fiorelli, Dynamax and C.C.M.

Other West End cycle shops include **Wilson's**, 6536 Somerled (also in Point Claire) and **N.D.G. Cycle**, 6714 Fielding. In Snowdon, there's **Harvey's** at Queen Mary Road, and in Verdun there's **Wolfe Cycle**, 5101 Wellington. Downtown, there's **Arlington**, 1410 Stanley, and for motorbikes, try **Track 'n' Trail West**, 2121 Ste. Catherine West.

All of the shops mentioned do repairs, and nearly all take trade-ins.

LICENSES

Bicycle licenses are necessary for all bikes with wheels 21" in diameter or more. Licenses are local: for example, if you live in Westmount, you need a Westmount license ($2 at the police station) and the same goes for other municipalities. Except if you live in the City of Montreal: buy your license for $2.25 at certain bike shops (Peel, A.B.C., Quilicot). Once you have your license, you can ride anywhere in the city – but you need a new license every year. It's a good idea, too, to keep a record of your bike's serial number and a description in case of theft.

THE SOCIAL BIKER

For hardened cyclists only, there are a number of clubs: **Baggio**, 279-5665; the **Laval Racing Club**, 669-2213; the **Lakeshore Wheelers**, 484-2238; **Beaconsfield Cycling Club**, 695-7710; the **Quebec Cycling Club**, 388-9917; **St. Alphonse Cycling Club**, 388-1161; and **Operation-Survival**, 486-2154. Every weekend from May to September, the **Canadian Youth Hostels Association** sponsors cycling tours in the Montreal area, as well as offering 2 to 4-week cycling tours of Prince Edward Island, the Rockies, England, Cape Cod, Vermont and New Hampshire. Phone 842-9048.

CFCF's Ride-a-Bike Day takes place once a year, usually the first Saturday in June. It's a zany celebration to summer, offering prizes for costumes and the most original vehicle, and refreshments for all. More serious are the **Grand Prix Bicycle Race of Montreal**, around the end of June, and the five-day, 550-mile marathon **Tour Cycliste de la Nouvelle-France**, which attracts cyclists from all over the world. For more information about clubs, tours and events, call the **Fédération Cyclisme du Québec**, 527-9311.

And Montreal has been chosen as the site for the **World Cycling Championships** in 1974, August 14 to 25. For information or tickets, write to the Organizing Committee, World Cycling Championships, 210 Notre Dame West, Montreal H2Y 1G3, or phone 871-1974.

Where, Oh Where Are You Going to Swim?

Oh, for a beach in Montreal. A gorgeous sandy beach with a boardwalk and pavilions and striped tents for changing rooms and sparkling clean water to cool off in on a hot day. Mayor Drapeau, why can't you have this vision?

There are, actually about 36 beaches in the Montreal area, but over the years they have become so polluted that last year only two were considered fit to swim in: El Rancho Beach in Laval West and Mohawk in Caughnawaga.

Swimming pools just don't measure up to the real thing – but on a hot summer day, as everyone will agree, they sure beat having nothing at all.

The City of Montreal's Recreation Department operates a total of 36 pools, 16 of them outdoors. The outdoor pools open St. Jean-Baptiste Day, June 24 and remain open till Labour Day, seven days a week from 10 a.m. to 9:30 p.m., weather permitting. Anyone in Montreal can use these pools for a nominal fee: 50¢ for adults at all times; children to the age of 16 free from 10 a.m. to 4 p.m. Monday to Friday, with a charge of 25¢ at all other times.

All the City's outdoor pools were built around 1962, and the pride and joy of these is **St. Helen's Island**, which boasts three

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pools, two of them 50 metres in length, ideal for serious swimmers, and a 25-metre square diving pool.

The other outdoor pools are: **Benny** at 6445 Monkland; **Westhill** at 6265 Biermans Ave. near Somerled; **Sir Georges Etienne Cartier** at 4550 St. Emilie; **Kent** at 6262 Hudson Road; **Marcellin Wilson** at 1655 Dudemaine; **Jarry** at 205 Faillon West; **Sir Wilfrid Laurier** at 5200 Brébeuf; **Gabriel Lalemant** at 2350 Sauvé East; **Masson** at 2560 Masson; **Joseph-Paré** at 6525 - 41st Ave. in Rosemount; **L.O. Taillon** at 9200 Notre Dame East; **Ignace Bourget** at 5925 Montmagny; **Baldwin** at 2330 Rachel East; **François Perrault** at 7601 François Perron Blvd.; and **Ste. Lucie** at 9093 - 16th Ave. in St. Michel.

Certain municipalities also operate their own pools. These facilities are open only to residents of the community, who generally have to pay a yearly membership fee and show a membership card upon entering the pool, although residents at almost all of them can take along non-resident friends for a small fee – usually $1 for adults and 50¢ for children. Lessons, of course, are available at all pools; some even have competitive swim teams.

Nun's Island has two outdoor pools, both located at 260 Elgar near the community centre, and open every day from 10 a.m. to 10 p.m. From 5 to 6 p.m . is reserved for adults only.

Hours at the **Westmount** pool, 4675 Ste Catherine West, vary daily – details can be picked up at the pool. Residents only.

Outremont's municipal pool, located at 860 Outremont near Van Horne, is open Monday to Friday 1:30 to 6 p.m., 7:30 to 11 p.m., Saturdays 9 a.m. to 11 p.m., and Sundays 1 to 11 p.m. The pool is open to the general public – but non-residents of Outremont must pay $1 for adults, 50¢ for kids.

The **Town of Mount Royal** pool at 1000 Dunkirk has an adult pool plus a wading pool for children. Hours vary daily, but are generally from 10 a.m. to 9 p.m. Adult hours are from 5:30 to 7 p.m. Monday to Friday, 5 to 6 p.m. on weekends, and certain hours during the day. Details are available at the pool.

Montreal West at 220 Bedbrook has a large L-shaped pool with diving area, and a paddling pool for infants. Pool hours are noon to 9:30 p.m. during July and August, with adults only from 12-1:30 p.m. and 6 to 7 p.m.

Cote St. Luc has deluxe swimming facilities. **Parkhaven** municipal pool at 7500 Mackle Road has a 50-metre L-shaped pool with a snack bar, sunbathing boards, and a wading pool for kids. Hours are 12:30 to 10 p.m. weekdays, 10 a.m. to 10 p.m. on weekends. Anyone in Montreal can use the pool – a real bargain at 50¢ for adults, 25¢ for kids.

There's also the **Cote St. Luc Community Swimming Pool Association** at 5810 Blossom, a private pool limited to 500 members. It has excellent facilities, and a topnotch competitive swim team, and at the moment there's a waiting list to join.

Hampstead has a municipal pool on Fleet Road between Dufferin and Finchley; and **Verdun** has two outdoor pools: the larger one on La Salle Blvd. near the Douglas Hospital, and the smaller near the Christ-Roi on La Salle Blvd., both of which are open to the general public at $1 for adults, 25¢ for children.

A few hotels and apartment houses in Montreal are lucky enough to have outdoor pools, such as the **Bonaventure**, the **Ramada Inn**, (on Guy), the **Seaway Hotel**, and **Cantlie House** at the corner of Peel and Sherbrooke. But you have to be either a guest of the hotel, a resident of the apartment house, or a friend of either – or belong to **Vic Tanny's Health Club** for use of the Bonaventure's garden-top pool. A pity, because it is one of the

most beautiful outdoor pools in Montreal, as well as being year-round (during the winter it is kept at 85° and the steam makes the surrounding area warm.).

INDOOR POOLS

Indoor pools are open all year round so swimming is not just a summer affair.

The City of Montreal operates 20 indoor pools, open from 2 to 9:30 p.m. Monday to Friday, and 9 a.m. to 4:30 p.m. Saturday. **Gadbois, Maisonneuve, René-Goupil, Marquette,** and **Georges-Vernot** are also open Sundays and holidays from 9 a.m. to 4:30 p.m.

The largest indoor pool run by the City is the **Maisonneuve** 3000 Viau, near the Maurice Richard Arena, spacious and modern, with a 25-metre pool glassed in on one side.

The oldest pool in Montreal, the **St. Louis**, on Ontario East, was recently demolished to make way for a new CEGEP, leaving **Bain Lévesque** at 4356 Boyer the oldest in Montreal, constructed in 1908. A number of pools were built by the City around that time: **Bain Laviolette** at 1570 De Lorimier, in 1908; **St. Denis** at 7075 St. Hubert, in 1909; and **St. Michel** at 5300 St. Dominique, in 1910 – but most of these have since been renovated. The **Schubert Bath** that many consider "nostalgic", at 3950 St. Lawrence almost opposite Warshaw's, is early depression – and exactly the same as it was when built in 1931.

Because mixed swimming was unheard-of when these old pools were built, they have only one set of lockers and shower facilities, and only the newer ones have boys and girls together: the **Maisonneuve;** the **Gadbois Centre** at 5485 Cote St. Paul in St. Henri; the **René-Goupil** at 8533-25th Ave. in St. Michel; the **Généreux** at 2050 Amherst (actually an older one, but renovated); the **Morgan** at 1875 Morgan Blvd., the **Notre Dame de Grace** at 3760 Decarie; the **Marquette** at 1600 Drucourt; the **St. Charles Centre** at 1055 Hibernia in Point St. Charles; and the **Georges-Vernot** at 8475-13th Ave. in St. Michel.

The rest have girls and women on Mondays, Wednesdays and Fridays, and men and boys on Tuesdays, Thursdays and Saturdays, or vice versa. For details, call the City at 872-4317.

Non-mixed pools are **Lévesque, Laviolette, St. Denis, St. Michel, Schubert, Hogan** at 2188 Wellington; **Hushion** at 757 des Seigneurs; **Mathieu** at 2915 Ontario East; **Quintal** at 1550 Dufresne; **Rosemont** at 6101-8th Ave. in Rosemount; and **Emard** at 6071 Laurendeau.

Admission at non-mixed pools is free at all times. At mixed pools, it's 50¢ for adults at all times; children free Monday to Friday from 2 to 6 p.m., Saturday 9 a.m. to noon, and Sundays 9 a.m. to 1 p.m. – 25¢ at all other times.

The biggest and best indoor pool in Montreal is the **Pointe Claire** municipal pool at 182 St. Louis. It is Olympic-sized, and a great deal of competitive swimming goes on there. Public hours are 12 to 1:30 p.m. for adults, and 7:30 to 9 p.m. for children, and the pool is open to anyone: 90¢ for adults, 45¢ for kids.

And while it would be impossible to name all the pools in the city – there are dozens more at golf clubs, tennis clubs, schools and CEGEPS – don't forget the Y's: **YMCA** on Drummond Street, **YWCA** on Dorchester, **YMHA** at 5500 Westbury, and all the regional Y's. Nearly all of them have indoor pools.

To obtain a free copy of water safety rules, write to the Canadian Red Cross Society, Water Safety Service, 2170 Dorchester West, Montreal.

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Ski Nordic

A few years ago, cross-country skiers were thought of as *weird.* But today, cross-country skiing is In.

Some outdoorspeople call this old-fashioned sport "Nordic skiing" on the grounds that this term takes in both cross-country (which usually refers to racing) and ski touring (simply mooching along, enjoying the scenery). Whatever you call it, Nordic skiing offers a lot of advantages over the Alpine (downhill) kind:

It's cheaper. You can get perfectly good skis, boots, poles and bindings for less than $100. As for clothing? Nordic skiers are practical rather than fashion-conscious. Wear last year's downhill jacket, hat, gloves and thermal underwear, over any kind of loose pants. If you want to be chic, buy corduroy knickers for about $35.

It's easier. If you can walk, you can Nordic. Even climbing hills is easy: Nordic equipment is up to 20 pounds lighter.

You can do it nearly anywhere. No mountains or hills required. All you need is open countryside or a trail and a few inches of snow.

It's safer. It's almost impossible to get hurt on Nordic skis. Boots are generally fastened to the skis only by the toes. Plus,

you probably won't be going down any steep or dangerous hills.

Snow conditions are generally fairly good. Strike out alone, and you'll find fresh, untouched snow. Stick to special ski-touring trails, and you'll probably find them well-packed but not icy.

You get more and better exercise. Three hours of steady Nordic skiing will give you as much exercise as six hours of stop-and-start downhill skiing. Cross-country skiing is also an excellent heart-and-lung conditioner.

It's more fun. Downhill skiers are always asking, "But isn't it boring? " Quite the opposite! You need never take the same route twice. And there are always the surprises: what's behind the curve in the trail or over the hill. . .what kind of animal made those tracks?

Before investing in equipment, rent some for a weekend. If a trial outing at a nearby park, golf course or farm doesn't convert you, you won't have wasted any money.

Then, read *The New Cross-Country Ski Book,* by the U.S. ski team coach, John Caldwell. Armed with a knowledge of the confusing varieties of Nordic skis and boots (touring, light touring and racing. . . wood, plastic or fibreglass bottoms . . . toe bindings versus heel cable bindings . . .) you'll be sure of getting the best gear for your money.

Although Nordic skis are sold in sporting goods stores and department stores throughout Montreal, you should head first to one of Montreal's two specialty shops: the Mountain Hut or Siren Ski Shop. Sales personnel here are extremely knowledgeable about this form of skiing, and won't sell you anything they wouldn't use themselves. Once you have an idea of what you want, you may want to shop around to see if you can find lower prices.

Watch out for package deals that might cost you more in the long run. It's smarter to pay $20 more for good hickory skis and all-leather boots that will last five to ten years – than to buy cheap equipment that will fall apart after one season. Experts are also dubious about skis with a synthetic base that "never needs waxing." (The base might wear out before the skis.)

Waxing is necessary to give you speed on forward surfaces and grip when climbing. First, you'll need a pine-tar base, then wax. Ski waxes come in a bewildering rainbow of colours and consistencies for various snow conditions. Simplify the whole thing by using Jackrabbit Wax – invented by Jackrabbit Johannsen, the spry 92-year-old who is the grandpappy of Quebec racing. Jackrabbit Wax comes in two consistencies – for Wet snow and Dry snow – and costs less than a dollar.

WHERE TO SHOP

The Mountain Hut, 1324a Sherbrooke West, operated by the Canadian Youth Hostels Association, specializes in rugged no-frills equipment. The Hut stocks only Norwegian skis ($40-$50) and boots ($38). They will give you a 15% discount on any merchandise upon presentation of a ski club membership card. The Hut rents equipment: $4 for a complete set of gear on weekdays, $10 for a weekend, and charges $3.50 to pine-tar skis.

Siren Ski Shop, 6131 Sherbrooke West, is owned by Tauno Siren, whose Finnish father set up shop as a ski manufacturer in 1930. Siren, who knows simply *everybody* in Canadian Nordic skiing, sells Norwegian skis and boots similar to those sold by the Mountain Hut. He also carries the less-expensive Quebec-made Clement skis ($30) but frankly admits that you get what you pay for. His shop rents equipment, $4 a day, $7.50 a weekend, and

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$15 a week, and will pine-tar your skis for $5.50. The shop is also a good place to buy corduroy knickers and zappy coloured knee socks.

WHERE TO GO

For beginners, Mount Royal Park, St. Helen's Island and Angrignon Park are fine – and have city-approved ski trails.

A little further from town are **Mont St. Hilaire**, with a pleasant network of trails, and the **Morgan Arboretum**.

Lots of ski touring in the Laurentians: maps are available for $1.00 at the Mountain Hut. **Far Hills Inn** and **Alpine Inn** concentrate on cross-country skiing but many downhill resorts are now opening Nordic trails. There's public cross-country skiing at **Mt. Tremblant Provincial Park**, at **Morin Heights** (starting at the top of Bellevue Ski Hill) and in **Christieville**, starting at the Mont Christie parking lot.

CLUBS

Viking Ski Club, Quebec's oldest and biggest cross-country ski club, has its own clubhouse with sauna and a large network of trails, and organizes weekly trips to various trails throughout Quebec. Memberships cost $14 annually for singles, $22 for families, plus a $10 initiation fee.

Kanawana Outing Club, operated by the YMCA near St. Sauveur, has 20 miles of blazed trails, a clubhouse and babysitting. Instruction and rentals available. Phone 849-5331.

In 1974, the **Sun N Trail Club** took cross-country skiers to a different ski trail every Sunday from January to the end of March. Cost was $60 for 10 outings. For current information, phone 934-0187 or 932-0700.

Montreal Ski and Outing Club organizes ski tours each weekend in the Laurentians. Single memberships are $8, families $12. Write to 1619 Selkirk, Apt. 101, Montreal H3H 1C7.

Ski Wilvaken, R.R. 1, Magog, is a cross-country club in the Eastern Townships whose groomed trails crisscross the farms of the Willis family and their neighbours. Memberships cost $15 for families, $10 for individuals, or $8 per day per person. Phone 236-4712 or (810) 843-5353.

The Glendale Golf and Country Club, St. Augustin, has 15 miles of groomed trails and loads of social activities. Membership fees of $57 single, $87 couples ($10 extra for each child) include lockers and ski storage for the season. It's $2.50 for non-members on weekends, $1.50 during the week. Take the Laurentian Autoroute to Exit 15. Phone 435-7304 or 481-8215.

LESSONS

In winter, the **Viking Ski Club** generally gives lessons each Sunday at Mt. Royal Park and Morin Heights, 5 lessons for about $12. Write to 510 - 69th ave., Chomedey.

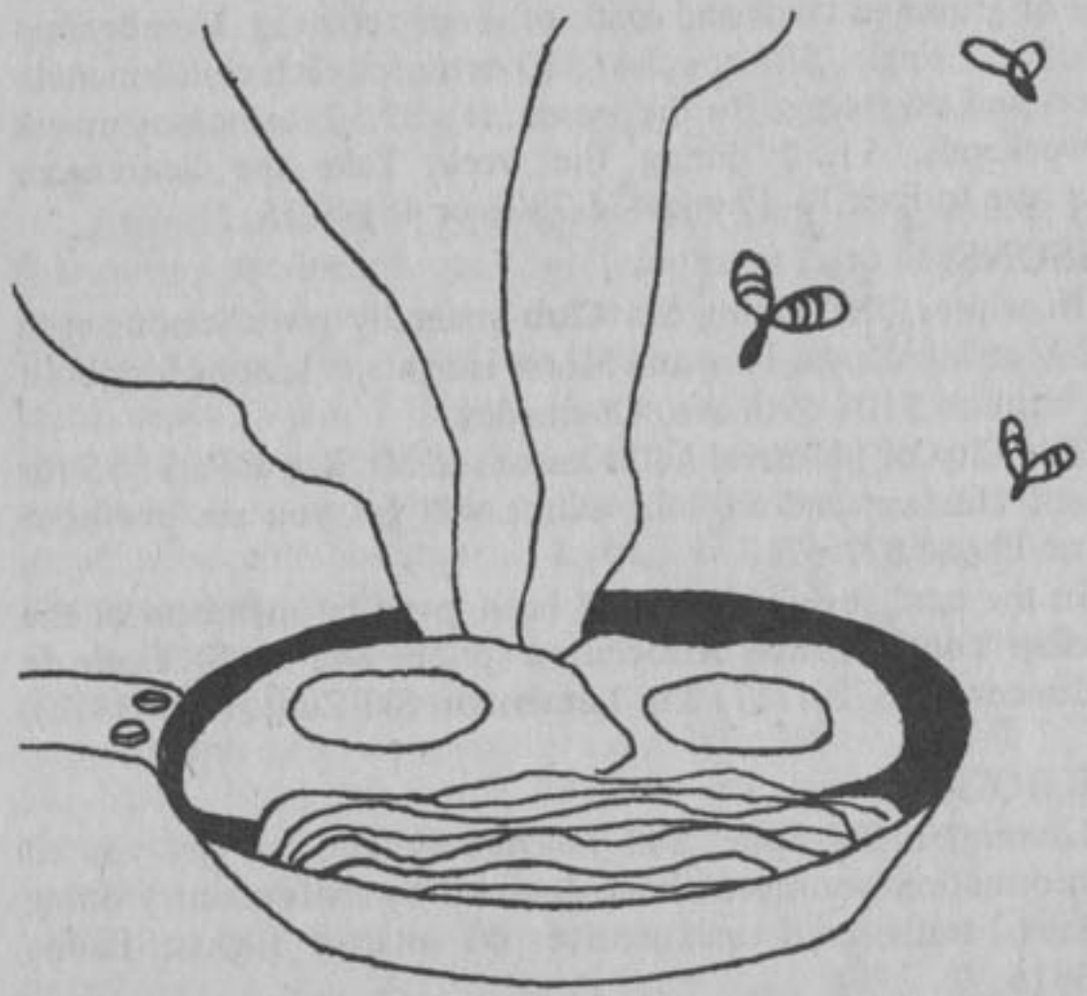
The **City of Montreal** holds lessons in Mt. Royal Park: $5 for resident children and $10 for adults will get you six two-hour lessons. Phone 872-4717.

In the past, lessons have also been given by members of the **Canadian Youth Hostels Association** (phone 842-9048); **Ecole de Ski Concorde** (872-4717) and **Laurentian Ski Zone**, (849-3816).

HOT DOG!

Laurentian Ski Zone, 300 Youville Square, can give you all the information you need about downhill or cross-country skiing – clubs, trails, and inexpensive ski charter flights. Phone 849-3816.

Roughing It?



Whatever happened to Roughing It? "Your motel room on wheels has everything you need for weekend family fun, annual vacations or extended holiday trips," purrs one glossy brochure. "Family sized living, eating, sleeping accommodations including full kitchen, living and dining room. . . and an optional toilet, enclosed and fully private. . ."

All this luxury in the Great Outdoors can cost $6,000 to $20,000 – but fortunately, there are ways. . . and ways. . . of enjoying the Open air. Pick your personality type – all together now, breeeathe.

THE RUGGED INDIVIDUALIST

If you're a true lover of the elements (i.e., you don't mind a little rain in your face) why not forget the tent or camper and try backpacking? At the **Mountain Hut**, 1324a Sherbrooke West, you'll find everything you need for a backpacking weekend – light backpacks with aluminum frames, lightweight sleeping bags, ground sheets, hiking shoes, and a book by Colin Fletcher called *The Compleat Hiker* ($9.50) which tells you how to go about it.

The Hut's "MTC" backpacks, made of waterproofed nylon fabric on a magnesium aluminum frame, range in price from $23 to $90. Backpackers should search for a light but warm sleeping bag – like the Hut's new French-made Andre Jemet bags. Weighing only 1-1/2 pounds, these bags are filled with aluminum fibre that keeps you warm in 10 degree temperatures – worth every cent of $25.

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You'll also need a ground sheet – to sleep on when it's nice and sleep under when it's not. The Mountain Hut's "Tube Tent" is a heavy plastic sheet ($2) offering maximum protection – but you can get a 10' x 10' ground sheet at a hardware store for about the same price.

Shoes are crucial. Please, no sneakers or jogging-type shoes. Rugged lace-up shoes or boots are a must. The Mountain Hut sells two kinds – a light $19 model, and a heavy Italian-made number at $45.

The Hut also sells hiking maps of the Eastern Seaboard States ($3.50 to $7.50) and featherlight freeze-dried foods (everything from pork chops to raspberries) along with practically everything else a rugged outdoorsperson needs.

THE TENTERFOOT

If you like roughing it in a semi-civilized way, tenting is for you. And your first stop should be **Baron Centre du Sport**, 932 Notre Dame West, a fascinating treasure cave piled with fishing rods, packsacks, sleeping bags and pervaded with a gorgeous Indiarubber smell. If you care about saving a dollar here and there, you can also check out **Canadian Tire**, **Miracle Mart** and Unique (affiliated with Gold Star sales) all of which have branches all over Montreal Island.

In case you hadn't noticed, the latest thing in tents is those brightly-coloured multi-room European jobs – some even have picture windows with plastic flowers – which sell for as much as $900. But a far better investment is a 9' x 9' tourist tent, sleeping four, with an easy-to-erect outside steel frame – around $50.

You'll also need miscellaneous equipment such as a stove, lantern, icebox, sleeping bags and air mattresses, and we found that prices varied by $1-2 from outlet to outlet.

There are two types of camp stoves: those which operate on naphtha and those which burn propane. Because propane can be hard to find (none is sold in the City of Montreal, so you'll have to drive to the suburbs to find it), our Expert Camper suggests you buy a stove that burns naphtha. Like the Coleman Tourist, less than $20.

If you intend to stay up after sundown, you'll also need a lantern, and several are available in the good-but-cheap category. Our Expert Camper admits a prejudice towards Coleman lanterns and says you'll need a minimum of 350 candlepower. (Primus and Ronson manufacture cheaper-but-dimmer lanterns). Best buys: a Coleman Sport-Lite with 350 candlepower, about $17, and a Coleman Flood-Lite with 400 candlepower for $22.

Sleeping bags aren't necessary in summer, but if you camp in early fall you'll be glad you bought them. And they're a great thing to *have*. In 1973, Baron had excellent $6 specials, filled with reprocessed fabric – perfectly okay, said Expert Camper. Make sure your kids have warm, regular-size bags. There are few things more uncomfortable than being a tall eleven-year-old, shivering all night in a skimpy "Boy Scout" bag that reaches slightly higher than one's waist.

Air mattresses are a luxury – but they do eliminate morning-after hip and shoulder aches. Insist on "waffle" rather than tube construction – like Baron's rubberized cotton "Chevron," around $6.

Coolers are manufactured in a confusing variety of designs and prices – but a cheap cooler will wind up costing you money because your food won't last nearly as long. Expert Camper

recommends the deluxe Coleman Snowlite, with a steel outer case and 48-quart capacity, about $31 at Baron and Canadian Tire. (Don't even waste your money on the cheap urethane kind, she says.)

THE CAMPING CHILD

If your child is going off to camp for the first time, you may not have discovered the **Camp Shop**, upstairs at 4985 Queen Mary Road. Owners Bea and Charles Grant stock everything that a child camper needs – Speedo swim suits, jeans, lumberjack shirts, swamp coats, duffle coats, shorts, sweat shirts and T-shirts emblazoned with the camp emblem, sleeping bags, ground sheets, flashlights and dunnage bags into which he or she can stash everything. And yes, they provide name tapes so that your kid won't come home with somebody else's pyjamas.

THE SISSY-AND-DON'T-CARE-WHO-KNOWS-IT

The big initials in camping these days are RV – for Recreational Vehicles – which include trailers, tent trailers, camper trucks, camper vans and motorized homes.

Such a vehicle can be expensive to buy – anywhere from $500 for a simple tent trailer that you fit out yourself to $20,000 for one of those big plushy Winnebagos. Before you buy, why not rent? Book well ahead – RV's are extremely popular and if you wait until July or August, you may be out of luck.

Caspo Rent-All, on Route 9c in St. Constant, rents hard-top tent trailers, sleeping 6 to 8, for $105 to $126 per week; and travel trailers sleeping four to eight people, $125 to $150 per week. Minimum two-week rental period. 366-2654.

Fred's Trailers, Route 9c, rents fully-equipped trailers for $125 a week, including installation of trailer hitch if necessary. They also rent hard-top tent trailers, sleeping six, for $105, and are one of the few places in Greater Montreal where you can buy propane. 632-3750.

Nash Equipment, 5125 Cote Vertu, rent camper vans, sleeping four to eight people, for $245 a week, 1000 free miles and 10¢ a mile after that. They also rent fully-equipped motor homes (like the Winnebago) for $350 a week, 1000 free miles. 336-0900.

Pinkerton Trailers, 10 Taschereau in La Prairie, rent 16-foot trailers, sleeping six, equipped with toilet, stove and fridge, for $130 a week. They will install a trailer hitch. 659-1711.

Winnebago, 1940 Des Laurentides, Chomedey, rent their own luxury motor homes, equipped with shower, heating system and sleeping room for six. $245 a week plus 10¢ a mile in June, July, August, mid-December to February – and $195 a week plus 8¢ a mile the rest of the year. 663-8580.

Parkway Motors, off Exit 36 of the Trans-Canada in St. Laurent, offers "Funmobile" camper vans with raised roofs, sleeping four, for $160/week and 8¢ per mile. They have 22-foot "mini-liners" sleeping six, with shower, hot water and oven, $230/week plus 8¢ per mile; and a 23-foot deluxe motor home, air conditioned with its own propane power plant, $280/week plus mileage. 332-1673.

Tilden, 1200 Stanley, rents both pick-up camper trucks and camper vans, sleeping four, for $125/week plus 12¢/mile. The roomy camper is great if you like to throw small parties, but the more campact van is easier to drive.

P.S. If you're using a trailer, don't take off until you're *positive* that your brake lights are connected.

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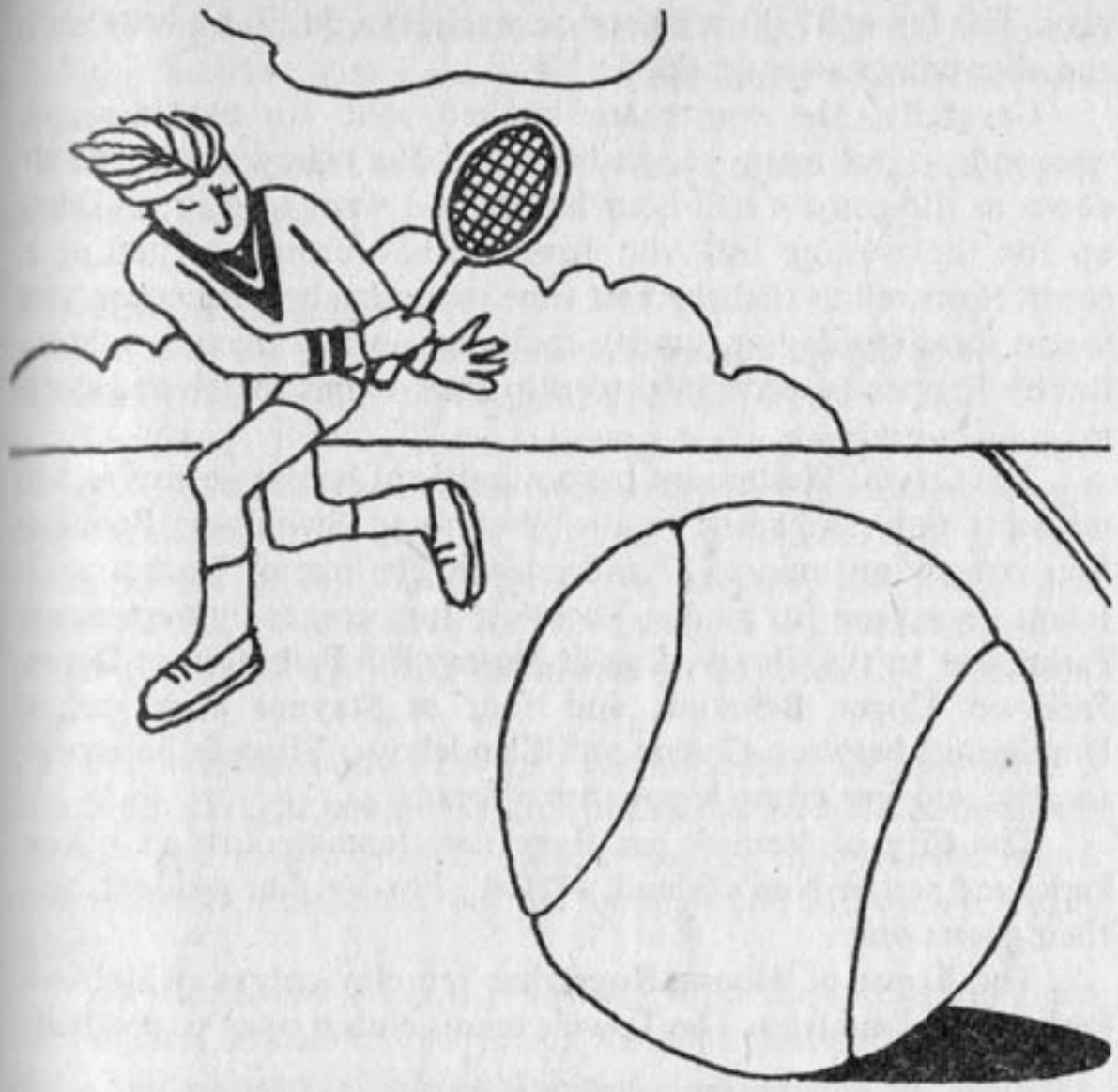

Tennis, Everyone?

Maybe it was Rod Laver with his muscular arms and hulking Strine accent.

Or maybe it was Chris Evert with her babysitter freshness and two-handed wallop.

Or maybe it was the inevitable result of the growing fitness cults merging with the ecology people. After all, here is a suspenseful sport that exercises every part of your body – even your brains – and it doesn't even *pollute*.

For whatever reason, suddenly tennis is the In sport of the Seventies – all of which leaves you Out if you've always considered it a pastime for effete snobs.

Fortunately, it's never too late to take up tennis. In fact, a fairly hefty segment of Montreal's tennis-playing population is made up of post-middle-age males (and females) who took up the sport to get rid of flab – and became addicted in the process.

Far from being a rich people's sport, tennis can be as cheap or as expensive as you like. For beginners, cheap is better.

You can outfit yourself for tennis for as little as $50. The rule is simple: stick to basics. For beginners, a metal racket and nifty pastel tennis togs à la Billie Jean are a wasteful extravagance. Instead, buy a wooden Dunlop or Slazenger racket in the $15-$20 price range, and inexpensive tennis *whites*. (Coloured tennis clothing is still taboo on many Montréal courts.)

Where to play? Stick to public courts in the beginning – until you're sure you like the sport. After that, you can think of joining a private club.

PUBLIC COURTS

Most municipalities in Greater Montreal have their own tennis courts, and nearly all – with the exception of the City of Montreal – stipulate that the courts are for residents and their guests only. To prove that you are a resident, you must have a permit which is issued at the local town hall. To get this permit, you'll need passport-type photos and some kind of identification – driver's license, lease or utility bill.

The **City of Montreal** has six large tennis complexes†, all well-lit for night playing. There are 20 hard-base courts at at **Jarry Park**, twelve at **Jeanne Mance** (Fletcher's Field), eight at **La Verendrye** (at the edge of the Lachine Canal) 19 at **Somerled** (said to be the busiest of Montreal's courts) and 17 clay courts at **Lafontaine Park**. The sixth and newest tennis complex is at **Nicolas Viel Park**, on the northwest corner of Gouin and St. Laurent: nine quick-drying composition courts, catching the river breezes. Costs $1 per hour weekdays; $1.50 nights and weekends.

The rule at City of Montreal courts is: you phone, not more than two days ahead – to book a court for one hour. Courts are open from 9 a.m. to 11 p.m., seven days a week, and anyone can play. The fee is $1.00 per hour on weekdays, $1.50 on weekends and all evenings after 6 p.m.

Generally, the courts are booked solid for evenings and weekends – but many people book and don't show up. If you go down to the court a half-hour before you want to play, and sign up for the waiting list, you have a 50-50 chance of getting a court. Spies tell us that the best time to crash a booked court is at 9 a.m. on Saturday or Sunday morning – when many would-be Bobby Riggses have decided to skip their tennis match and sleep in.

The **City of Westmount** has a number of hard-base courts, for residents only. Adjacent to the Westmount Swimming Pool are four courts for juniors (17 and under). The rest of Westmount's tennis courts are for adults. There are four courts in **Westmount Park**, next to the library, four at **Murray Hill Park**, four at **Devon Park** on Upper Belmont, and four in **Staynor Park**, below Dorchester, between Greene and Clandeboye. There is no charge to play, and free group lessons are offered.

The **City of Verdun** has three new tennis courts at **Wilson Park**, and ten at **Nun's Island**, all free. For Verdun residents and their guests only.

The **Town of Mount Royal** has ten clay courts at **Mohawk Park**, 1050 Dumfries. The Town's tennis club is open to residents

† *There are also smaller complexes, ranging in size from one to six courts, throughout Montreal: at the corner of Allard and d'Aragon; at Lachapelle and De Mesy; 9300 St. Denis; Esplanade and Prieur; 9300 Gouin West; 16th ave and St. Zotique; 7501 Francoise-Perreault, 8475-13 ave at Robert Blvd.; 25th ave. and Robert Blvd.; 9093 -16th ave at Legendre; and at Edouard-Montpetit School on Hochelaga. By September, 1974, 12 courts at Kent Park on Cote des Neiges, and 12 at 495 Louis Riel should be completed.*

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and their guests only. Tennis fees range from $10* for juniors to $45 for families, plus a charge of $5 per family to join the recreation association.

Similar facilities are offered by most other municipalities in the Montreal area.

REMEMBER THE "Y"

Some of the best tennis deals – especially for beginners – are offered by the YMCA, YWCA, and YMHA/YWHA.

Beginning July 1, and continuing throughout the summer, the YWCA, 1355 Dorchester West, offers a mixed tennis club each weekend, from 10 to 8:30 p.m., on the courts of a downtown private school. Throughout the summer, the YWCA also offers mixed group lessons for men, women and junior members of all playing levels. (YW membership: $6, Men, $4, Children, $2.50.)

YW lessons cost $18 for ten hour-long lessons, with a maximum of eight people per group. Lessons are held both during the day and in the evening. Cost of joining the weekend tennis club: $20 for individuals, $30 for couples and $10 each if taking classes.

The **Northwest (N.D.G.) YMCA**, 4335 Hampton, has three clay courts, available free to all members. (Membership rates: Men, $80, Women, $60, Students, $40, Youth, $30, Families, $150.) Courts are lighted and are open from 9 a.m. to 10:30 p.m. daily.

Every spring and summer, the Northwest Y offers an eight-week series of mixed tennis lessons at a cost of $20 for members, $25 for non-members. Groups range in size from seven to 10.

The **YM/YWHA**, 5500 Westbury, has eight fast-drying outdoor courts, and is open for play every day of the week to members. Tennis fees are $50 for adults for the summer, $20 for juniors, in addition to the Y's annual membership fee(Adults, $60, Juniors, $35, Families, $120). The club also offers free group instruction for both juniors and adults, and tournaments for players at all levels of ability.

Montreal's oldest tennis clubs such as the **Monkland, Hillside, Mount Royal** and **Montreal West**, currently have waiting lists for members. (You can apply now for *next* year.)

But the **Woodland Tennis Club**, 5550 La Salle Blvd., a private club operated in conjunction with the City of Verdun, still has room for members as we go to press. The Club has a new chalet and six new "har-tru" dust courts, which are lit in evenings. Fees are $70 for seniors, $100 for married couples, $50 for students and $15 for juniors. For information, phone the City of Verdun recreation department, 769-2701.

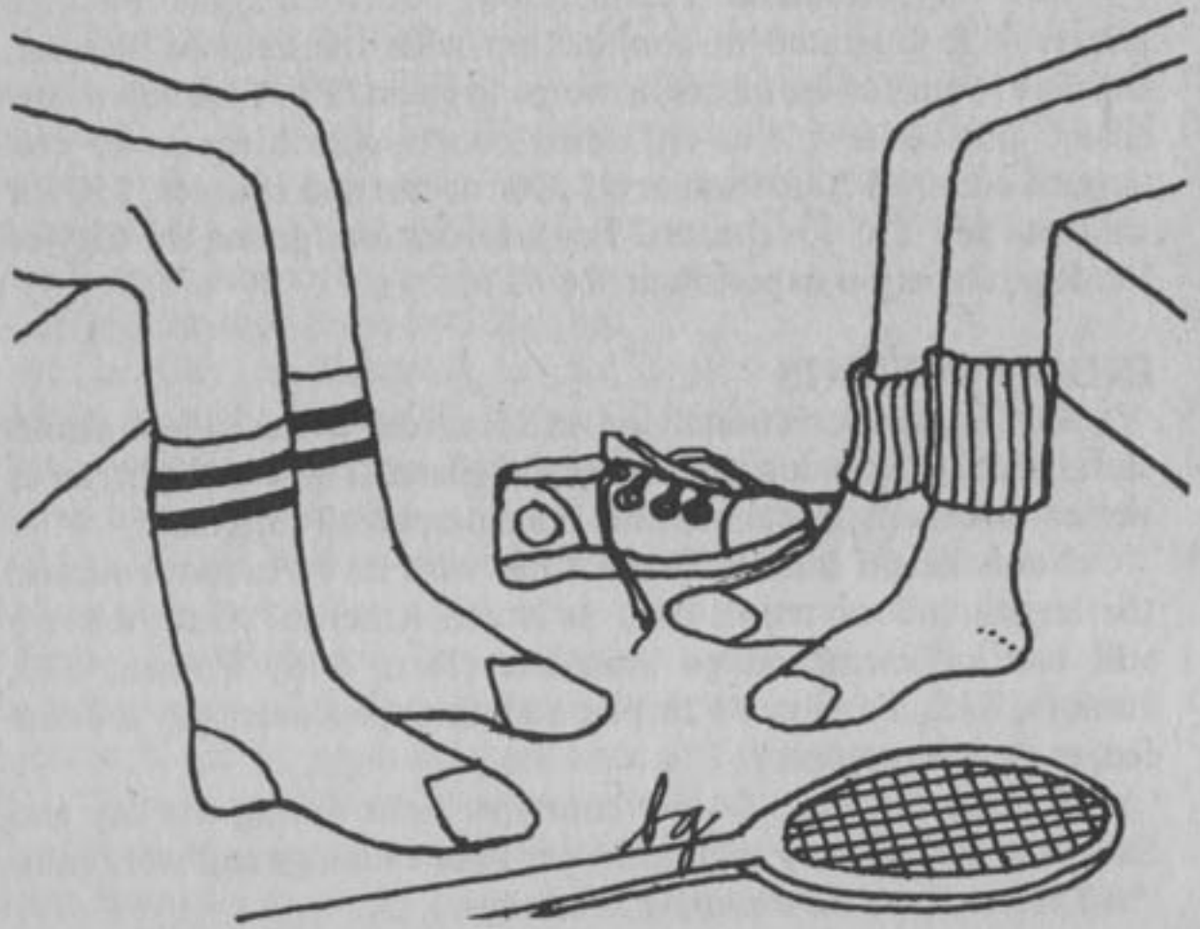
INDOOR TENNIS

The latest recreational fad in Montreal is the indoor tennis club, which is popping up all over the island. These clubs began as winter diversions, but most now remain open all summer.

Nun's Island Indoor Tennis Club with its 16 indoor courts is the largest indoor tennis club in North America. And there are still lots of memberships available. (Men, $75, Women, $30, Juniors, $15, Family, $120.) In addition, you must pay a court fee, each time you play.

Summer rates are $4 per court per hour during the day and Saturday and Sunday nights, $6 per hour evenings and weekends.

**All prices listed here subject to change.*



(Winter rates are $8 and $10.) Private lessons cost $16 and $18 per hour, but cheaper group lessons are also available. The club also boasts a hot whirlpool bath and sauna.

The **Récréathèque**, 900 Labelle Blvd., in Chomedey, has five air-conditioned indoor courts, open year-round. Membership fee is $25 for men, $15 for women. Court fees range from $5 to $7 per court per hour. Lessons cost $15 per hour for individual instruction; group instruction also available. And if you become bored with playing tennis, you can always try some of the centre's other activities: bowling, billiards, mini-golf, ping-pong or roller skating.

The **West Island Tennis Club**, 2050 Alton Drive in Beaconsfield, has eight courts and a sauna. Memberships range from $120 for families to $25 for students. Court fees cost $8 to $10. Sometime in 1974, this club will open a second indoor tennis complex, in Ville St. Laurent.

Quatre Saisons Tennis Club, just off Exit 9 of the Laurentian Autoroute in Laval, has six indoor courts and four outdoor courts. Fees are $170 for families, $120 for couples, $30 for juniors. Court fees are $8 to $10 per hour.

There are two more tennis places in the downtown area, but unfortunately neither is accessible to the public. The **Royal Victoria Hospital** has two pleasant courts tucked away at the back: if you have any friends who are doctors or nurses there, ask them to take you as a guest. Even sadder are the crumbling, weedy, clay courts on the **Priest's Farm** (just above Fort and Sherbrooke), where, on a couple of occasions, we have tiptoed past the Private Property signs to practice our backhands, unimpeded by a net.

Forgive us our trespasses.

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Down to the Lake in Boats

There's lots of sailing in and around Montreal, with a dozen or more clubs and a marinas. However, by the time you read this section, many of these clubs will have no space, or space only for "dry sailors" who have to haul their boats (usually under 16 feet long) onto land after each use. For the latest information on which clubs have openings, and in which category, phone the **Quebec Sailing Federation**, to which all yacht clubs in the province belong. (527-9311).

The **Royal St. Lawrence Yacht Club**, 1350 Lakeshore Drive in Dorval, was organized in 1888, and was given permission to use the title Royal in 1894. Of the 1100 members in this Establishment club, not all are boat-owners: the club has pool, tennis and clubhouse facilities. New members must be sponsored by old members – and membership fees vary according to the type of membership chosen. Entrance fee is around $475; annual fees vary from $25 to $310. 631-8529.

The **Beaconsfield Yacht Club**, 26 Lakeshore Drive in Beaconsfield, was founded in 1813 and is housed on the property of the Sieur de Valois. Beaconsfield residents are given priority when memberships are considered, but a boat is not a necessary prerequisite. Lots of activities for the non-boat-owner: corn roasts, sleigh rides, and the Commodore Ball in mid-November. Initial entrance fee is $250; annual fee is $135 plus mooring and storage charges. 695-1272.

The **Pointe Claire Yacht Club**, 1 Cartier in Point Claire, has a reputation for racing dry sails: some members are among the top ten Tornado racers in the world. Members are welcome from all communities – and the entrance fee of $200 need not be paid until a member reaches the age of 28. Furthermore, 10% is deducted for each year that the fledgling sailor has been a

member before his 28th birthday. The club, founded in 1879, admits to being the least social club on Montreal Island – and comprised of the most serious sailors. Annual fees range from $10 for juniors under 18 to $100 for seniors. Phone 695-2441.

A Ma Baie Yacht Club, 101 Rose in Pierrefonds, founded in 1959, is a private club with a variety of boats: cruisers, inboard and outboard motor boats, dry and wet sails. Open to anyone who cares to apply – including people without boats of their own. For non-boat owners, a $75 family membership gives access to all club facilities, including pool and clubhouse. For boat-owners, $5 per linear foot of boat length provides for all facilities. 684-2327.

The **Baie d'Urfé Yacht Club** was founded 16 years ago by a professor from nearby Macdonald College, and its sailing boats are predominantly Lasers, or around 30 feet long. Non-boat-owners may join, but **Baie d'Urfé** residents are given priority when applying for a berth. Entrance fee is $200 and annual fees range from $60 down.

The **Lord Reading Yacht Club,** a predominantly Jewish club, is situated on land donated by Lord Reading. Facilities are posh: include dining room, sauna, swimming pool and tennis courts. Two members of the club must propose a new application, and the initiation and annual fees are in keeping with the facilities. In summer, there are planned activities for members (Commodore's Ball, a regatta, etc). Boats here tend to be large with lots of living space. 695-9531.

Hudson Yacht Club, at Lake of Two Mountains, has both power and sailing boats, with a growing crowd of sailors. Initiation fee is $400 and annual dues range from $80 to $25. Facilities include dining room, bar, swimming, and lots of sporting facilities. 236-5326.

Ile Perrot Yacht Club, 1248 Blvd. Perrot on Ile Perrot, is an informal family club with an initiation fee of $90, annual fee of $15 to $90. About 130 members. The clubhouse sells beer, soft drinks and coffee, and there are also kitchen and barbecue facilities. 453-3320.

North Hatley Club Inc., at North Hatley on Lake Massawippi, is a small family club, composed mostly of residents of the Eastern Townships. Kitchen facilities and canteen. No motorboats, lots of instruction. Also features swimming, canoeing, tennis. Entrance fee is about $200. 842-2909.

Préville Yacht Club, 1 du Havre, St. Lambert, costs $80 to join, and has annual fees of $80. All sailing, mostly dinghies in this family club. 671-0211.

Senneville Yacht Club, Senneville Road, Lake of Two Mountains, is a club for sailors only. Initiation fee is $225, annual fee $100. Modern clubhouse with kitchen facilities and barbecue. Lots of families and young couples. 453-3483.

Oka Marina, 257 des Anges in Oka, is dominated by sailboats, most of them 20 to 22-footers. No dry dock sailors permitted here; no non-boat-owners either. Members pay $9 per linear foot for all marina service: water, electricity, clubhouse and pool.

P.S. If you can't afford to join a yacht club, much less buy a sail boat, you can always sit at the edge of Lake St. Louis (get there by car, bike, or bus) and pretend you're John D. Rockefeller. A millionaire once asked him how much it cost to own a yacht like his. "If you have to ask, then you can't afford it," said the old tycoon.

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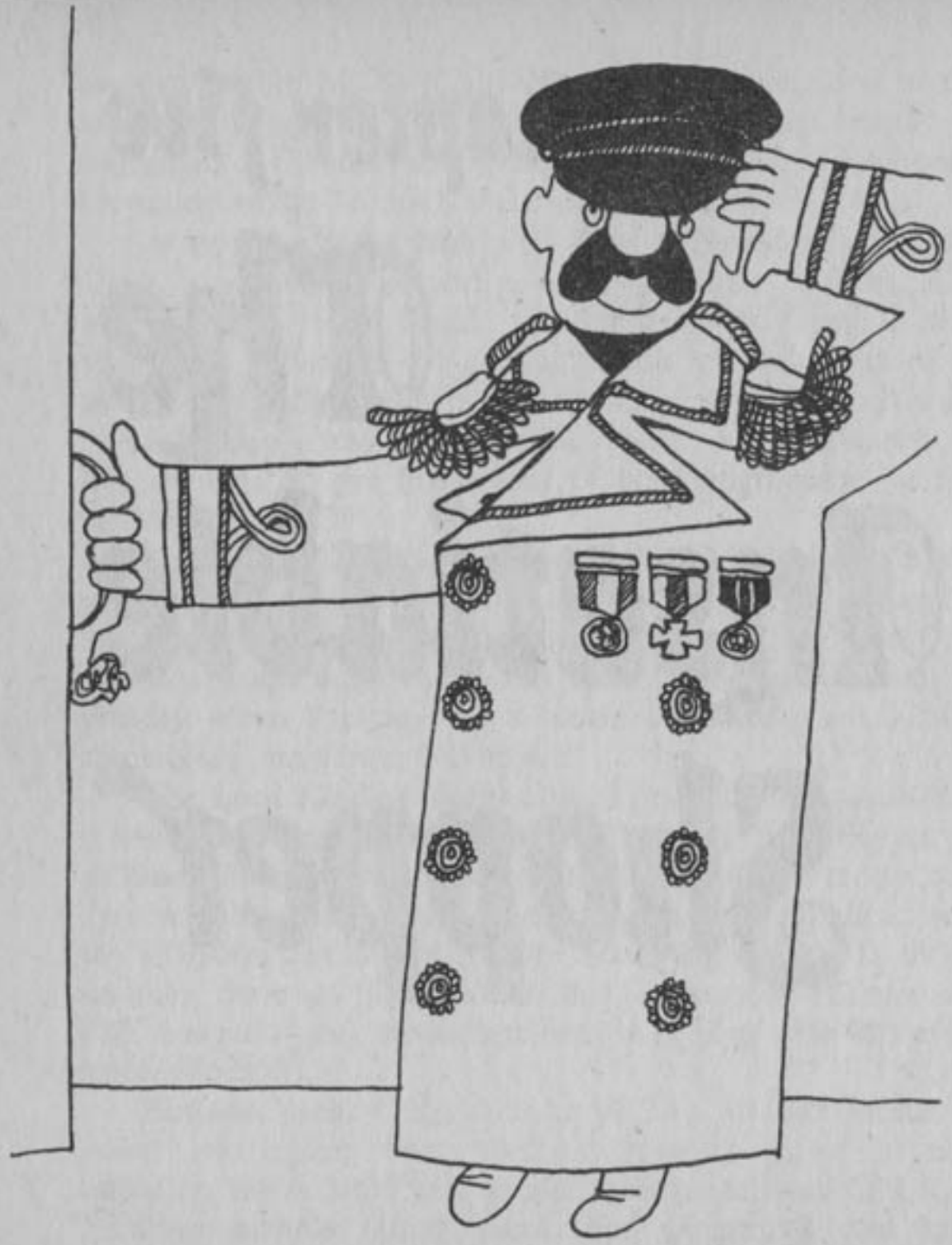
chapter five

The Insatiable Shopper



Are You an Eaton or a Holt ?

New York Magazine recently ran "Confessions of a Bloomingdale's Addict" along with "You Are Where You Shop", by two other women, who, after many years of observation, have decided that there is such a thing as the D.S.P. or "Department Store Personality". But nobody in Montreal takes shopping that seriously. Or do they?

THE HOLT

Ideally, she is chauffered to the Sherbrooke Street entrance and collected from the Mountain Street side by her husband's

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Rolls. If she doesn't fall into this category, you may be sure she takes great pride in being seen with the blue-and-white checked bag (a copy of Saks Fifth Avenue's, with only the colour changed).

The True Holt will naturally have a Holt fur, probably labelled Ritter or Christian Dior, and she will store it during the summer months in Holt's famous Fur Storage. In the old days, Henderson, Holt & Renfrew dealt primarily in furs – they've been furriers to Queen Victoria and every king or queen who followed her. The firm was founded in Quebec City in 1837, and became known as Holt Renfrew in 1901. The present Montreal branch was opened at 1300 Sherbrooke West in 1937 (although there was an earlier branch on Ste Catherine Street), and is one of the finest examples of 1930's architecture in the city. Take a good look at the elevator doors next time you're there.

The True Holt will probably also have Dior gloves, scarves, perfumes, lipsticks, sunglasses, suits and ballgowns. Holt's is one of the few stores in Canada to import original haute couture models. However, if she's under 35, she's more likely to head for the Yves St. Laurent niche on the second floor, where a simple YSL crepe shirt can cost $85, or the rarefied atmosphere of the Boutique, with its exclusive, one-of-a-kind European sportswear with labels such as Missoni.

The Young Holt has a floor almost to herself, the fourth, with groovy bags and accessories, and for Very Young Holts there are exceptional clothes and toys on the fifth.

The Holt Man has his suits made-to-measure on the ground floor, and buys his sportswear off the peg. (Only in emergencies will he buy a suit off the peg.) You can tell a Holt Man at a glance. He is always impeccable and so is his bank book. We hope.

THE OGILVY

The Ogilvy may also sometimes be a Holt. But though The Holt may be French or Jewish, The True Ogilvy is nearly always an Anglo-Saxon, due solely to the Scottish nature of the store. (Boxes and bags are in the green, red and yellow Ogilvy clan tartan – and so are the carpets in Ogilvy's Fairview and Anjou.)

The Ogilvy can relax in Ogilvy's, but can never truly relax in Holt's. Besides, Og's has a restaurant called The Tartan Room (what else?) where she can meet her friends for lunch or tea – and the waitresses have been there for years. There is also a cafeteria in the basement.

The True Ogilvy may be a personal friend of Brigadier Aird Nesbitt, who bought the store in 1927, when he was only 19 years old (Jas. A. Ogilvy Ltd. celebrated its 100th birthday in 1966, and Nesbitt never changed its name). But even if she isn't, she likes Og's for its comfortable mixture of the traditional and off-beat in furniture, rugs, china, appliances, food, books, fashion or jewellery. Whatever is happening, Ogilvy's is nearly always the first in town to get it, whether it's a Bobby Short album or a Chanel suit. They have even been known to get an expensive book out of the window just to let you look at it.

The True Ogilvy is seldom in the store at 5:30 p.m. when George, the kilted bagpiper, closes the store. but she always brings her children at Christmas to see Og's legendary Christmas windows busy with elves, lions, monkeys, and mechanical trains, that every store in the city has tried for years to copy. And at Christmas Ogilvy's also has a tree on the main floor where you can contribute gifts for hospitalized war vets.

The Ogilvy Man is likely to be The Ogilvy's husband, boyfriend, or brother. A few years ago, when Og's was first in town

with Mary Quant and other Londonmania, there was also The Swinging Ogilvy, but that breed has since become extinct.

THE SIMPSON

Unless she comes from Toronto, where the Robert Simpson Co. Ltd., along with Eaton's, is one of the top two, The Simpson in Montreal – male or female – is virtually interchangeable with The Eaton, The Bay, or even The Dupuis.

Simpson's bought out the John Murphy Co., established on Notre Dame street in the year of Confederation, in 1905; it continued as Murphy's until 1929, when it became Simpson's. Unfortunately, Simpson's in Montreal has never developed the personality it has displayed in Toronto. Its two outstanding attractions are the Elizabeth Arden Salon on the fifth floor, and the Dunhill Humidor on the main floor. It also has a good selection of Liberty scarves on the main floor, and Liberty fabrics by the yard on the fourth – nearly impossible to find in Montreal.

THE EATON

The Eaton could be just about anybody. Eatons have been spotted just a few days old, being carried across the main floor, or 90-plus, asleep on a chair outside the Ninth Floor Restaurant. The vast majority of The Eaton lies somewhere in between, as Eaton's has almost everything to offer, from washing machines and canaries to haute couture to running shoes.

Eaton's, as every good Canadian knows, was founded by Timothy Eaton in 1869. The Montreal store was opened in the mid-twenties on the former site of Goodwin's, on Ste Catherine Street. The True Eaton always buys Eaton's branded lines, especially in appliances: good value for money. She buys cakes and pastries and Eaton-made ice cream at the Blue Cake Counter, and meats and gourmet foods in the Fine Food Shop. The Eaton nearly always has a charge account (or "Come True" card, as the store calls them).

If she's over 35, she loves the Ninth Floor Restaurant for lunch or tea – even if they don't have that wonderful lemon jelly roll any more. If she's under 35, she adores the Ninth Floor Restaurant because it was built in 1930 and is pure, mind-blowing Art Deco – modelled on a dining room from the "Ile de France", Lady Eaton's favourite luxury liner. (Although the restaurant has recently been superficially remodelled into Le Vieux Bonsecours, its original decor may still be seen.)

For years Eaton's was the biggest and most with-it department store in Montreal. It had the zappiest award-winning colour ads and TV commercials, and was first with the "boutique concept". The Young Eaton had The College Shop, The Young Montrealer Shop, The Mod-Express, The Like Young Shop. The wealthier Eaton had The Ensemble Shop, The Coach House, The New Orleans Town House, The Chez Elle, The Gift Shop.

The Eaton Man had the Adam Shop – one of the largest and most well-outfitted men's departments in North America – and the Albatross. Are we getting old – or are Eaton's boutiques really not as super as they used to be?

THE BAY

Until a couple of years ago, The Bay was The Morgan. Henry Morgan & Co., Montreal's oldest department store, was founded in 1845 and has occupied its present location on Phillips Square since 1891. At one time Morgan's led Montreal in fashion – they were the first to introduce the bloomer and the crinoline!

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Eventually they were bought by the Hudson's Bay Company, which was even older (1670) and wise enough to bring in New York experts like Mildred Custin to jazz things up. Now The Bay has taken off with the boutique concept and – dare we say it? – lots of Eatons have defected.

One of the things The Bay likes about the store is the self-serve cafeteria on the sixth floor; La Soupière, a small restaurant tucked away on the fourth floor, that serves nothing but soup, pie and coffee; and The Regency Room, which has recently been licensed. She knows the basement Bon Marché is a good place to find everything a little cheaper, from shampoo to pillowcases, and she can shop for liquor and groceries at the downstairs Société des Alcools, Steinberg's, and La Gastronome gourmet shop.

The Young Bay likes Kinetica, Betsey Johnson, Bilboquet and Bagatelle fashions, and good accessory counters on the main floor. The Bay Man is generally a businessman who works nearby.

THE DUPUIS

The Dupuis is almost invariably – although not always – French. At the corner of Ste Catherine and St. Hubert, near the Berri-de-Montigny Metro, it's a little off the beaten track for the average English-speaking Montrealer. The True Dupuis hardly ever steps outside the East End.

Established by the Dupuis family in 1868, Dupuis Frères is the oldest and largest French department store in Canada. In fact, Dupuis Frères started the first broadcasting station in Montreal in the days when radio consisted of crystal sets and earphones. And until The Bay got theirs, they also had the distinction of being the only department store in Canada with a restaurant licensed for beer and wine.

It used to be much like the old department stores in Quebec City, such as Pacquet – with high ceilings and wooden floors and crucifixes in the washrooms – until it was recently redone (as part of a giant expansion scheme) in colour and chrome, and now resembles a poor man's Galeries Lafayette. We think it was more interesting with the wooden floors.

The True Dupuis shops carefully for anything from hand lotion to a colour TV set. The Young Dupuis shops less thriftily and more stylishly, in both the main store and in mini-branches called "Dupuis pour Elle".

And The Dupuis Man? He's the one who pays the bills.

Holt Renfrew has branches in the Ritz-Carlton Hotel, Place Ville Marie, Galeries d'Anjou and the Dorval Fairview and Rockland shopping centres. Ogilvy's and Simpson's have branches at Galeries d'Anjou and Fairview and Simpson's also has a branch at Carrefour Laval.

The Bay has shops at the Boulevard Shopping Centre, 4150 Jean Talon East, 5343 Queen Mary Road, Dorval Gardens, Laval Shopping Centre, Place Versailles, Rockland Shopping Centre and a Warehouse Store, 2105 - 23rd ave. in Lachine.

Eaton's has branches at Galeries d'Anjou, Cavendish Mall, Point Claire Shopping Centre, Carrefour Laval, a Warehouse Budget Store (appliances and furniture) at 4505 Hickmore, and Catalogue Clearance Stores (with reductions of 50% or more) at 2983 Sherbrooke East and at the Paul Mercier Shopping Centre in LaSalle. It also operates low-priced "Horizon" stores at Greenfield Park, Rosemere and St. Laurent.

Dupuis Frères operates Dupuis pour Elle shops at Galeries d'Anjou and at 6500 St. Hubert, and recently opened a two-floor department store at the Carrefour Laval.

Eaton's, the Bay and most suburban stores are open from 9:30 to 6, Monday to Wednesday; 9:30 to 9 on Thursdays and Fridays. Simpson's downtown, Ogilvy's and Holt Renfrew are open from 9 to 5:30, Monday to Wednesday, 9 to 9 Thursday and Friday. Dupuis Frères is open 9:30 to 5:30, Monday to Wednesday; 9:30 to 9 Thursday and Friday. All department stores are open until 5 p.m. on Saturday and closed Sunday.

Recycled Chic

Want to buy a cashmere sweater for 50¢? A Dior pantsuit for $65? A blue velvet theatre cloak lined with chipmunk fur and trimmed with black marabou, with matching muff . . . all for only $75?

Well, you can, despite the fact that inflation has hit the clothing industry just like every other industry. All you need to do is prowl through Montreal's "recycled chic" boutiques – otherwise known as thrift shops and second-hand clothing stores.

The shops, and the fashions in them, range from elegant haute couture to funky to . . . just plain junky. You might not want to buy your wardrobe essentials here. But these shops are good places to look for fun furs, jewellery, belts, hats, children's clothing, sweaters, scarves and that special occasion ball gown that would otherwise set you back $200 or more. Another plus: these shops are low-pressure places where browsing and chatter are encouraged – and nobody cares if you leave without buying anything.

Successful recycled chic shoppers obey three rules:

(1) *Develop a Fashion Eye.* Several of the bargain boutique owners confessed to having a kind of X-Ray vision – an ability to spot a great piece of clothing hidden in a pile of junk.

(2) *When you see something you really like, grab it.* These shops operate on the basis of low prices and fast turnover. The garment you hesitate over today will be gone tomorrow.

(3) *Check out these shops regularly – at least once a week.* They're constantly getting new merchandise, and even though this week the pickings are slim, next week you might find a St. Laurent coat, like new, in your size.

BARGAIN BOUTIQUES

Found Objects, 4886 Sherbrooke West, is the most eye-boggling of Montreal's used clothing shops – in fact, these clothes are better described as antiques. This second-floor shop is more like a museum than a boutique. Walls are artfully decorated with antique christening robes, sequinned ball gowns, feather boas, art deco hats trimmed with feathers, flowers and fruit. Clothes are

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draped over antique furniture and tumble out of trunks. The shop is owned by Alma White Beckler, who drifts through the place like some exotic priestess, clucking and cooing over her fabulous finds – collected from rummage sales, thrift shops, and estates of wealthy dowagers.

Most items are in the Victorian-to-1930's categories. There are tight-fitting Victorian jackets, $25; lacy corset covers for $3; a black silk 1930's dress by Christian Dior, $6; and a Dior steamer coat from the twenties – very Zelda Fitzgerald – $25.00. There are sequinned capes, ascots, sweaters and even a glittery sequinned jacket from the thirties, $100. ("Very expensive," says Alma, "but the same thing was shown in a recent Vogue and it's more than $1,000.")

All sorts of beautiful people – Quebec rock stars, Geneviève Bujold and Paul Anka – shop here. So does a conservative Westmount stockbroker, who bought a paisley ascot for $4 and made Alma promise to find him a silk smoking jacket – like the ones Noel Coward used to wear.

Boutique Fantasque de Marie Claire, 2155 Mountain Street, is an orderly place with racks of coats, dresses, skirts, suits and pants arranged by size. Owner Claire Dionne sells on consignment. She accepts only contemporary clothes which she believes will sell – classic, good quality fashions, many with designer labels.

Most of the boutique's clothes are from wealthy Montreal women who wear their things only a few times, then tire of them. Clothes must be freshly cleaned before they are accepted, and generally sell at 1/3 to 1/2 of the original price. Claire Dionne also sells some season-end clothes and samples from manufacturers.

Good buys spotted here: a navy blue coat from Lily Simon, originally $200, now $65. A blue suede pant suit, $85. A suede patchwork midiskirt, $40. The boutique also has a "Paris corner" – one room full of really super imports. Like a reptile pant suit for $150. and this season's St. Laurent pants, unworn, $65.

"I have several clients sailing on luxury cruises," says Claire. "They're taking along a wardrobe of my gowns. Even these wealthy women can't afford to buy a new dress for every evening of a three-month cruise."

Bygone Threads, 1433 Bishop Street, operated by dark, curly-haired Clyde Yazbek, is a funky shop popular with models, and mostly selling clothing from the forties and fifties. We find it a little unnerving to see the clothes we grew up with (and hated) suddenly being In – circle skirts, chenille dressing gowns and strapless dresses. But we did spot a nifty floor-length black wool dress with a sequinned trim – early Joan Crawford, and only $15, like new. And a dreamy sheer black floor-length gown from the Van Horne estate, $80, probably worn only once.

Yazbek gets his clothes from estates, contacts in Toronto and New York, retailers' basements, and by trading with customers. He has feather boas for $15, a pair of men's black satin knickers, $12, fur coats from $15 to $30.00, and that blue velvet theatre coat described earlier.

And yes, he encourages haggling.

The Encore Dress Shop, 1535 Sherbrooke West, has mostly manufacturers' end-of-season clothing and samples. Only a few items have been worn before, and these only by out-of-town clients, so you run no risk of buying a hostess gown that once belonged to your rich, catty sister-in-law. Many of the clothes

have foreign labels – French, Italian and Austrian. Among good buys here: a black ski jacket, trimmed with fox, from Dior, $85.00; a brown knit midi-coat and pants from Rive Gauche, $72; a floor-length patchwork silk print skirt with matching blouse, $42.00. The Encore always runs a special cruisewear sale in November: watch for it.

On Prince Arthur, just east of St. Lawrence, are a number of funky second-hand clothing shops. Most of them concentrate on gear out of the forties and fifties . . . like flowered-print housedresses, ugh. **Xanadu**, 120 Prince Arthur East, a tiny cave lined with Carmen Miranda skirts and the like, has perhaps the most interesting things.

Nearby is **Grizzly Furs**, 152 Prince Arthur East, a three-levelled shop with used fur coats priced from $20 to $250. All coats have been cleaned and most have been repaired. Seen here: a mink coat with padded shoulders, $95; a stencilled rabbit coat (looks like cheetah) $25; a white rabbit cape, $75; and racks of raccoon coats, $200 or more.

NOSTALGIA SHOPS

Rudi and Barbara Franchi's **Nostalgia Factory**, 2019 Peel (above La Roma restaurant) has hundreds of goodies from Art Nouveau and Art Deco straight through to the funky Forties and even the Fifties: graphics, postcards, glass, old china, movie magazines, feathers, jewellery, belt buckles, Coca Cola trays, etc. Clothes are only a part of the operation, but the Franchis occasionally get some winners: top hats, men's morning clothes, peach and black satin slips, beaded Gatsby-style gowns, poke bonnets, rustling black taffeta tea frocks, and women's hats of every description.

Atelier 515, 515 St. Denis in Old Montreal is primarily an antique shop – but you'll find a selection of old coats, dresses, shawls as well as pointy-toed skinny-heeled shoes (mostly out of the Fifties).

THRIFT SHOPS

Several of Montreal's charitable organizations sponsor second-hand clothing shops. **Salvation Army**, with a main shop at 1620 Notre Dame West, has several other outlets in the Montreal Area.

The **Turnabout Shop**, 386 Victoria in Westmount, operated by the Junior League, sells on consignment. Good buys in children's clothing, especially snowsuits.

Pandora's Box, 5906 Sherbrooke West, is operated by Forward House, in aid of psychiatric patients at the Douglas Hospital. This small shop seems at first glance to be a jumble of obsolescent frumpy garments, but look carefully. Hidden in a drawer we found a white cashmere sweater, in perfect condition for the rock-bottom price of 50¢ . . . who could resist?

RUMMAGE SALES

One of the most with-it women we know seems to have a knack for buying just the right hat at rummage sales. Another, a budget-conscious mother of five, buys white cotton T-shirts (10 for $1) at rummage sales, and dyes them in far-out colours for her brood. Best rummage sale in Montreal, say aficionados, is the three-day extravaganza held annually by the MSO Women's Committee in Westmount's Victoria Hall. But several smaller rummage sales are held each week: they're listed in the **Gazette**, **Star**, and suburban papers such as the **Monitor**.

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We Pine for Canadiana

Did you ever hear the one about the antique-hunters who found an old cupboard in a barn, bought it for $5 from the farmer, took it home and scraped it down and found an eighteenth-century diamond-point armoire underneath?

Well if you did, forget it. There are few bargains to be had in pine these days. In fact, pine Canadiana is becoming a luxury item.

That doesn't mean to say there isn't a lot of old pine furniture around. There is. But some of it is less than a hundred years old and can't be considered to be antique. Some of it was badly made to begin with. And some of it is reproductions.

All of which means that if you're in the market for Early Quebec furniture, you should proceed with caution and as much knowledge as you can accumulate.

Your first step should be to educate your eye. Study the "Bible" of Quebec furniture: Jean Palardy's *The Early Furniture of French Canada,* $5.95 in paperback. Visit the **McCord** Museum, 690 Sherbrooke West, which has a few good pieces. (Open Friday, Saturday, Sunday, 11 a.m. to 6 p.m.) Make a trip to **Calvet House**, 401 Bonsecours, where early Canadian furniture from the Montreal Museum of Fine Arts will be displayed during renovations. (Open 10 a.m. to 4:45 p.m., Tuesday-Friday, 12 - 4:45 Sunday, closed Mondays.) Guided tours are given every Thursday, at noon (English) and 1 p.m. (French).

Attend antique shows. In 1974, shows will be held at North Hatley, July 4, 5, 6; Sherbrooke, Sept. 27, 28, 29; Quebec City, November 22, 23, 24.

Talk to other collectors, and ask to see their collections. And keep a close watch on all of the antique shops in town – both the Sherbrooke Street classy and Notre Dame flea market types.

If you're buying Canadiana as an investment, you can't go wrong if you deal with a member of the Canadian Antique Dealers Association, which has only fourteen members in Quebec. These dealers must have been in the business for more than five years, and must be prepared to back up their merchandise.

When dealing with "flea market" shops, be on guard against pieces that have been dipped in lye. The most prized Canadiana still has some of the original paint remaining – blue, green or red. Not only does lye strip off all of the original finish, it takes the guts right out of the wood. (Lye-dipped wood is dusty to the touch and has a honeycombed surface.) A good refinisher will use only paint stripper and steel wool.

ON THE TRAIL OF THE ELUSIVE PINE

S. Breitman, 1353 Greene, has been in the Canadiana business for 50 years – longer than anybody else in Montreal – and this three-story shop is a must for all Canadiana hunters.

Co-owner Sonny Booth, Breitman's son-in-law, has worked in the antique business for 25 years, and is delighted to answer your questions and let you browse. He frankly admits that the odd piece is a reproduction, and refuses to let anything go out of the shop unless it has been solidly repaired. (No drawers that don't close; no rickety tables.) Refinishing is masterful, and pieces sold here are real investments.

The shop has some spectacular pieces. Like a green 18th century armoire with raised panels, rat-tail hinges, and the original paint, $2500; an 18th century two-tiered church chandelier, $3000; and an absolutely unique chest of drawers, made of Canadian walnut and pine, with intricately carved corner pieces, $10,000.

Priced for young collectors of moderate means are maple sugar molds, $30-$60, a church pew with carved back, $175, and chests of drawers starting at $175.

Breitman's chairs are all reproductions (they're more comfortable). And one more thing, Sonny Booth says. "Don't let anyone sell you an 18th century rocking chair. There wasn't any such thing."

Bonsecours Antiques, 441 St. Claude in Old Montreal, has been operated by Gerald Derick and Ron Petley for the past 11 years, and has a good reputation with antiquarians. Derick and Petley maintain that they don't have a great deal of trouble obtaining pine – but that their chief difficulty is in getting it ready to sell. Some of their pieces, they admit honestly, are not antiques but are "collectibles" – like a 70-year-old extension table ($150) or a convent table ($300) Antiques range from an early 19th century chest, "as is" with original paint, $100, to a "museum-quality" armoire, $3500. If all you can afford is a small piece of Canadiana, the shop has gorgeous bottles in the $2.50-$5.00 range.

Jean Lacasse, 1031 Laurier West, has a fine reputation both with collectors and other antique dealers. He has taken great pains with his shop (lowering the ceiling himself), and although he doesn't have a great deal of merchandise on display, it's all of good quality. Tables and chests sell for about $300 and up; armoires from $600. If he likes you, he may show you the contents of a nineteenth-century physics lab, which he keeps in a small locked room . . . and which the National Science Museum is interested in buying.

Old Vic Pine Shop, 2190 Crescent Street, is operated by Doug and Judith McIntosh. Doug's mother operates The Old Vic Pine Antiques and Gallery in Ottawa, and although the tiny shop does not have room for a great deal of merchandise, there is a great deal of exchange with the shop in Ottawa. Unusual in Montreal is the amount of early Ontario furniture shown here – like the rare "tiger maple" table with Chippendale-style tilt-top and hand-carved legs, $600. Washstands run from $100 to $220, an arrow-back rocker for $150, and a chest of drawers $185.

Aux Temps Jadis, 4160 St. Catherine West, is a nicely-arranged shop owned by Jean Bengle. Armoires sell from $350, washstands for $110-$220, a set of four rare "rabbit-ear" chairs for $265 and buffets and chests from $175 to $350. Refinishing is done on the premises by 22-year-old antique-lover Rino Bélanger, who says, "It's fun to find a piece – but when you sell it, it breaks your heart."

Michel Taschereau, 1360 Sherbrooke West, is descended from the 18th century Quebec governor, Marquis de Beauharnois; Louis Joliet, who discovered the Mississippi; and Louis Alexandre

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Taschereau, Quebec prime minister, 1920-1936. As befits such an illustrious heritage, his shop is elegant – and expensive. For the most part, Taschereau is moving away from Canadiana (and into European antiques) because the former is so difficult to obtain. But the shop does have a few early Quebec pieces – a washstand, $115, a blanket chest, $215, a child's high chair, $165. In the Very Pricy category is an eighteenth-century pine door with the original colour remaining, $1235.

John Russell, 1504 Sherbrooke West, has fine European antiques but only the odd piece of Canadian furniture – which is generally snatched up as soon as it hits the showroom. But the shop has an excellent assortment of early Quebec prints, and manager Mrs. Wright is a wealth of information.

Irene Walton, 1390 Sherbrooke West (third floor), doesn't have much Canadian pine, but does have silver, glassware, china and magnificent antiques from famous Canadian estates. Worth visiting to see the shop alone: it's a series of beautifully arranged rooms that look like something out of the Forsyte Saga.

If you're driving out of town, try **Farmhouse Antiques** and **P.A. Crete**, both on Highway 11A near Ste. Rose, and **Au Coq Rouge**, 5710 des Laurentides, at the junction of Highways 11 and 65 in Laval. At St. Jovite, there's also **Le Coq Rouge.**

COLLECTIBLES

There's another category of Canadiana and that is the not-quite-antique or "collectible" item, which is less than 100 years old, but of historic or aesthetic interest.

Railways buffs, both Canadian and otherwise, should check out the nostalgia shops offered by both Canadian National and Canadian Pacific Railways here in Montreal – where you can buy everything from striped engineer's caps (about $3) to dining car silver and old railway station clocks.

Canadian National's Nostalgia Shop, located in Central Station near the Bistro Bar, is open from July 1 to Labour Day, and also has an elaborate catalogue. Highlight for '74 is blue and gold Limoges china that was used only for state occasions in CN hotels. For catalogue, write to Norman Lowe, Canadian National, 935 Lagauchetière West.

CP Bygones is located in Windsor Station near the Lagauchetière entrance, and is open from June 1 to Labour Day. The shop sells railway and steamship silverware, glassware, china and crockery, lamps and lanterns, telegraph equipment, poster reproductions, tail-end signs, hardware and furniture. For catalogue, write to Dennis Peters, CP Rail, Windsor Station.

Also in the "collectible" category is the **Spider's Web**, 1418 Notre Dame West – an old curiosity shop with three floors plus basement containing a great deal of low-priced "junque" – everything from old horse collars to lobster traps, cradles, rockers, kindergarten chairs ($2.50) to the odd piece of good pine furniture. At **Past and Present**, 353 Prince Albert, owner Dorothy Gordon specializes in late Victorian and Edwardian pieces and all sorts of old-fashioned kitchen gadgets – at low prices. From time to time, we've had good luck at **Circa 1880**, 2127 St. Urbain, which specializes in Victorian furniture and Tiffany lamps.

Architectural Antiques, 119 St. Pierre in old Montreal, operated by Ted and Suzanne Le Clerq, is a great place to buy Victorian doors, windows, shutters, stained glass windows, mantel pieces and other architectural details from old Montreal houses that recently fell victim to the bulldozer.

Sold to the Man with the Twitchy Nose

A number of people have told us they're afraid of going to auctions. "What if I sneeze and it turns out I've just bought a Victorian aspidistra? "

Rest assured: it's almost impossible to buy something by accident at an auction. Sometimes it's hard enough to buy what you really want. . .on purpose.

Here in Montreal, there are auctions for everything from Group of Seven paintings to used police cars to Persian rugs to lost Air Canada luggage. In fact, you could go to a different auction every day, if you wanted to.

At any of these auctions, you might get a great bargain – or you might spend so much money your spouse refuses to speak to you for days. That's why our resident auction addict suggests you follow these rules:

(1) Go to your first few auctions penniless, and without your checkbook, so you won't be able to bid. You'll get some idea of what to expect to pay. And you'll learn that no matter how crazy you are about that Edwardian hat-rack, there will be another one along eventually that's better and cheaper.

(2) When you're ready to become a bidder, make sure you attend the auction preview – usually held the day before the auction. If you're planning to make a major purchase – a car, paintings, Persian rug or valuable antique – try to take along an expert.

(3) When you've decided what you're going to bid on, set a price limit and don't budge over it.

(4) Deal only with reputable auctioneering firms. Sometimes a fly-by-night dealer will arrive in Montreal, obtain an auction license, sell off his wares and vanish. (This is sometimes true of Persian carpet auctions.)

How to bid? Attract the auctioneer's eye by raising your hand or nodding firmly. Once he knows you're in the running, you can raise your bid by nodding gently, twitching your nose.

pulling your ear or whatever.

Christie, Manson and Woods, affiliated with the British Christie's, is the most chic of Montreal auctions. At a recent Christie's art auction, held in the Ritz-Carlton Hotel, a number of ladies wore long gowns, and the atmosphere was rather like a night at the Symphony – murmurs of anticipation, the rustle of programs, and the craning of necks to see if Freddy and Sarah had arrived yet.

Christie's auctioneer is teddibly British and the proceedings are conducted entirely in English. (Sometimes he forgets he's dealing in dollars and asks you to raise him 50 guineas.) And there's a sportive feeling about the bidding – rather like a fox hunt.

Not much here for the shoestring shopper: you're bidding against Dominion Gallery, Klinkoff's and wealthy collectors. Still, some charming pastels by Frederick Simpson Coburn go for $200 or less, and a few paintings and drawings actually sell for less than $100. But who among the proletariat doesn't itch to bid on Emily Carr's delicious The Laughing Forest – sold, finally, for only $22,000?

Jacoby's, 480 St. François Xavier in Old Montreal, specializes in antiques and fine furniture, and holds frequent auctions in three categories. (One Jacoby's employee explained, "We have catalogue sales, non-catalogue sales and junk.")

Discriminating antique-hunters and dealers head for Jacoby's. So do people who like well-designed not-quite-antiques. At the non-catalogue sale we attended, a four-poster single bed sold for $200, an ornate "fall-front" desk for $185, a three-cushion sofa in excellent condition for $75, a mahogany hall stand with oval mirror and marble top for $60, and a complete dining room suite of heavy carved walnut sold for only $150.

Bidding is nearly entirely in English. To obtain catalogues or notices of non-catalogue sales, phone Jacoby's and ask that your name be put on their mailing list.

Ripley's, 1426 McGill College, has a reputation for solid, well-made furniture – well-built, old-fashioned chests of drawers, dining room suites and the like. The auctions, held at 8 p.m. every other Thursday, attract large numbers of young married couples and single women who are furnishing their first apartments. At the recent auction we attended, nothing sold for more than $200. Buyers don't dress nearly so elegantly as at Jacoby's and the auction is carried out informally, mostly in English – with a good deal of yelling out of prices. Spectators watched, amused, while a single girl jumped up and down with glee after landing a Duncan Phyfe-style sofa for $150.

Fraser Bros, holds weekly auctions every Monday, beginning at 10 a.m., at 8010 Devonshire, just west of Jean Talon and Decarie. Previews are held every Saturday, and auctions are bilingual. At each sale, the auctioneer sells the contents of several homes – furniture, fridges, stoves, washers, dryers, books, curtains, skis, china, records and assorted junk.

This is a good place to buy an inexpensive chest of drawers (selling from $8 to $30 at the auction we attended). We also spotted a shapely Empire sofa in excellent condition, which sold for only $30. And why didn't we take money? A gorgeous antique Russian phone in working condition went for the ridiculous price of $27.50.

City of Montreal Public Auctions are held at either the Municipal Yard, 1700 Sauvé East, or at 969 De Louvain East – both, way up in the North End. The City auctions off its own

motor vehicles (cars, trucks and motorcycles), office equipment, miscellaneous junk, lost-or-stolen bicycles, and autos belonging to anyone who wishes to part with his or her car.

Buyers are mostly scrap and auto dealers with a sprinkling of counterculture types who are looking for a motorcycle or truck, and housewives looking for a second car. At the sale we attended, a number of badly repainted MUC police cars (1969 Plymouths) sold for around $650. Well-used City half-ton vans sold for around $300. Best buy was a spanking clean Plymouth Fury that sold for $1,025. But if we had taken money, we would have bought the flashing school lights – red, yellow and green, with the letters ECOLE lighting up – a set of four for only $15.

Montreal Book Auctions are for bibliophiles only. $24 per year will put you on their mailing list for catalogues of rare books, prints and other memorabilia. Auctions are held every month or so in the Ritz-Carlton, and they're a good place to pick up rare, unusual Christmas gifts for book-loving friends. There are books available in the $2-$20 price range – even though you'll be bidding against Bibliothèque Nationale, the National Archives and the National Library of Scotland.

Rug Auctions are held frequently by a number of Montreal auctioneers – and if you plan to bid, you must know your merchandise. These days, "rug" means Persian. And you've got to recognize the kind of wool used, the design, the style of weaving – and know that you aren't getting a rug from Pakistan or Bulgaria when you're paying for a genuine Kerman (the most popular Persian rug in North America.)

There are also frequent estate sales and bankruptcy sales, held by various Montreal auctioneers. Watch for announcements in the Saturday *Gazette* or *Star*.

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Beautiful Treats

Montreal women – particularly those of French descent – are probably the most beauty-conscious in Canada, if not North America. Even the most liberated ones find time for a regular facial – on the grounds that good grooming is not a sexist plot. (Why shouldn't *les hommes* have facials too?)

What follows is a list of places where women can be perfumed, painted, deep-cleansed, waxed, massaged, and otherwise pampered. Many of these salons will sell gift certificates – what a delicious gift to give or be given!

Cosmo Cosmetics is a charming European *parfumerie* at 1486 St. Catherine West, with almost every perfume and eau de cologne that is currently manufactured – about 175 fragrances for women, and 80 for men. Its owners, Mr. and Mrs. George Umstadter, came to Canada from Bratislava, Czechoslovakia, 24 years ago, and opened their shop in 1966.

In choosing a scent for a customer, the Umstadters have a chat and a good look ("Would you take your hat off, please? ") and will then select four or five suitable scents. If the customer is a woman, Mr. Umstadter will try the scents out by spraying the premises and asking the customer to step into each perfumed cloud.

When a man buys a gift of perfume for his wife, girlfriend, mother or secretary, Mr. Umstadter will ask him to describe her appearance and personality – before magically deciding on a scent which will be right for her.

In addition to brushes, Cosmo carries combs from Germany, brushes from Switzerland, Roger & Gallet and Bromley soaps, Pantene hair products, Dior and Lancôme makeups, and Vitabath.

Electa & Corrado's sunny black-white-and-yellow boutique at 2183 Crescent is the place to go for a makeup lesson, or simply to be made up for a special occasion. Both take about an hour and the cost is the same: $7.50.

Electa and Corrado di Genova are the husband-and-wife team who opened **The Makeup Centre** on Sherbrooke St. in 1968. A couple of years ago they sold it to their partners and opened on Crescent St. Now they have their own laboratories in north Montreal where they produce their own cosmetics, which are sold at various outlets in Montreal, Toronto, and the U.S., including

Henri Bendel in New York. Although you'll see a steady stream of models tripping in and out, don't be intimidated – their clientele includes students and nurses as well.

Besides makeup application, they do eyelash dyeing, eyebrow shaping, and advise on the latest makeup looks. Their boutique carries all kinds of yummy makeup gifts, including sponges ($5.50); models' black vinyl makeup cases (large, $8.95, small, $6.95); eye colour kits, lashes, mascaras, shadows, lipsticks, brushes, and pencils. Gift certificates for any sum are available. 284-2994.

You can have *free* makeup sessions at **Studio Yvon**, 1201 Crescent, an outlet for Merle Norman cosmetics. No hard-sell here: Yvon believes that women should try cosmetics before they buy. Many of his customers return again and again to update their everyday looks or be given exotic makeup for special occasions. (A recent Yvon spectacular consisted of hundreds of tiny pearls glued on the client's eyelids.) Phone 861-4163.

Edith Serei, a familiar face on television, is a Hungarian who married a Frenchman and came to Canada fifteen years ago to open an empire of beauty schools and salons . . . and recently, in Pointe Claire, Canada's largest laboratory devoted to beauty products.

At her institute on the sixth floor at 2160 Mountain, a whole series of beauty treatments are available. During the winter months, Mme Serei recommends facial rehydration treatments, including facial massage (7 for $36); body treatments, including paraffin baths and massage (same price); or a personal makeup course, 3 hours once a week for 5 weeks ($35). They will also prepare a gift kit of Fernand Aubry makeup and Edith Serei lotions and cleansers upon individual diagnosis. The estheticians come from all over, and speak both French and English. 849-6171.

Gibson's Beauty Salon in the Queen Elizabeth Hotel, offers the famous "Morning Glory" treatment which takes an entire morning and includes steam bath and body massage, shampoo and set, manicure, face treatment, and makeup for $15. They also have a "Soirée Pick-Up" cocktail facial, makeup and comb-out for $6.50.

Because it's in a hotel, the salon, started by Florence Gibson nearly 15 years ago, has had clients from nearly every country in the world. Some of its more famous clients have included Rose Kennedy, Princess Grace, Queen Elizabeth and the Queen Mother, and Claire Kirkland-Casgrain. Many Montreal women come in for a "Morning Glory" regularly once a week. Beauty services include facial treatments ($10); eyebrow shaping ($1.50); lash and brow tints($4); waxing (for legs, complete, $16); body massage ($7); manicures and pedicures, shampoo and set, haircuts, permanents, and hair and scalp treatments. Gift certificates are available for any amount. 866-6639.

Many Montreal women owe their glowing complexions to Mme **Shura Chiro**, 2075 Mountain, whose salon gives European-style facials and beauty treatments. Dr. Chiro came to Canada from Bucharest, Romania, and all the specialists who work with her are trained in the European tradition. Facials cost $12 and take 1 to 1½ hours. They also do leg waxing (complete, $15), electrolysis, skin peeling, eyelash dyeing, ear piercing, and so on. 288-2903.

The **Elizabeth Arden Salon** with its red door and ultra-feminine pink-and-gold decor on the fifth floor at **Simpson's** downtown (as well as Anjou and Fairview), offers a variety of

ervices: shampoo and set ($6 and up), cuts ($5 and up), facials ($12), facial waxing (about $2.50), leg waxing (complete, $20), manicures. 842-3241.

Eaton's Salon Elysée is a complete beauty salon which also offers the famous Kree method of permanent hair removal. Price is $5 for 15 minutes, whether it's face, legs or arms. Downtown (fifth floor), Fairview, Anjou, and Cavendish. 842-9331.

Ogilvy's Adrien Arpel Skin Health Spa, located in the third floor beauty salon, is a refreshing treat for skin. Each facial takes approximately one hour, and skin glows for days afterward. The technique, devised by young New York cosmetics tycoon Adrien Arpel, includes an oxygen treatment to open pores, skin vacuum, brush, massage, and spray, using Swiss machines and Arpel hypo-allergenic products such as Cocoanut Milk Cleanser, Honey and Almond Scrub, Lemon and Lime Freshener, and Orange or Spearmint masque. Cost is $20 and includes a free makeup. 842-7711. The same treatment is also available in **The Bay's** beauty salon, fifth floor. 844-1515.

Visa **Bella-Estherium** is a Quebec chain of ultra-modern beauty centres which has been in operation since 1968. In Montreal there are eight, each offering facial treatments ($5 and up), body treatments ($7, including massage), electrolysis, waxing ($15 for legs, complete), manicures, pedicures, and make-up sessions ($10 for 5 sessions of 2 hours each). Most of the centres are in French-speaking parts of the city, but at the branch at 1800 Sherbrooke West, corner of St. Mathieu, English is spoken. Phone 932-2194.

We've also heard that **Josette Ghedin**, 2030 Crescent Street, and **Lilly Adalbert**, 1610 Sherbrooke West, give good facials. So does **Paulette Hiriart** (see *Reducing*).

Cigars and Cigarettes

There are only two things you aren't allowed to photograph in Cuba: military installations and cigar factories.

It's no wonder that cigar-making is almost as closely guarded as military secrets. Havana cigars, smokers agree, are the best in the world – although the most expensive are often Jamaican – and in Cuba nearly every male, from Fidel on down, smokes them. And yes, Mr. American Tourist, they're available in Canada.

If you visit Havana (a popular vacation destination with Montrealers), you can tour the Romeo y Julieta cigar factory – as long as you don't take photos. Production of cigars takes place on the second floor of the factory, where several thousand men and women work side by side in rooms with colossally high ceilings, windows wide open and sun streaming in.

Here in Montreal, from time to time you can see a mini-

version of the same process in the windows of **L. Robichaud** (a division of Astroff's), 435 Craig West. With special permission from both federal and provincial governments, two Cuban cigar makers – Raul Rodriguez and Juan Silva, both currently employed with a leading Montreal cigar company – hand-make cigars from imported Havana leaves. The shop generally puts small ads in the papers to announce when cigar-making will take place.

According to manager Rick MacPherson, the shop sells a whopping 10,000 cigars a day – and in addition has about 3,000 mail order customers from Vancouver to Halifax. Originally, L. Robichaud was located near Windsor Station, and many of their customers still are railway people. Stock includes Monte Cristo, Romeo y Julieta, Jose Piedra and Ramon Allones, all from Cuba.

The shop also features Pedro Montero, a domestic brand made with pure Havana leaves – exactly like a Cuban cigar except it doesn't come in the Cuban cedar box. Upmann's cigars are made in Tampa and the Canary Islands by ex-Cubans who left at the time of Castro – the technique is just as good but the tobacco can't match Cuba's. La Suprema, Robichaud's own brand, are slightly blemished in appearance – but they sell at about half of the usual price. The shop also carries cigars from Jamaica, Brazil, Germany and Holland, along with a good selection of cigarettes, pipes and pipe tobaccos.

H. Poupart, 1331 St. Catherine West, is the aristocrat of Montreal tobacco shops. Founded by Henri Poupart in 1905, the shop has been in the same location for the past 69 years. You won't find the same old-fashioned walnut cases (each brand of cigarette is kept in its own drawer) or family atmosphere anywhere else in town.

Present manager Edith Robinson joined the shop 35 years ago, when women in the tobacco business were almost unheard of, and stayed on to take charge of the shop, aided by fellow long-timers Bill Kane and Armand Beauchamp. Poupart's has the largest selection of cigarettes in town. Their imported brands include Turkish, Finnish and Italian cigarettes, BiDies from India, and all types of Sobranie. (We watched as one smoker bought three cartons of Sobranie Chaliapines, named after the Russian singer and wrapped in yellow rice paper – the best cigarettes in the world, he said.) Poupart's also carries U.S. brands such as Camel, Winston, Lucky Strike, etc., plus the French Gitane, Gauloise, Celtique and Bastos, and of course all the Canadian brands. (Biggest seller is Export A.)

In cigars, Poupart carries about 10 Cuban brands, several Brazilian brands, Willem and Panter from Holland, and Nobel from Denmark. In the basement is a walk-in humidor where cigars are kept for special customers all over Canada. They have an excellent selection of pipes, ranging in price from $6 to $150 and $200; and 268 mixtures of pipe tobaccos, including Lane of New York (exclusively), McConnells of England, Ratrees of Scotland, and Drum of Holland.

Equally distinguished is the **Dunhill Humidor** on the main floor of **Simpson's**, west side. Legend is that during the Second World War, when the German blitz demolished the Dunhill shop in London, the manager rushed to the phone at 2 a.m. to inform Sir Winston Churchill that his private stock of cigars was intact.

In addition to the famous Dunhill accessories also found in their London and New York shops – leather goods, cigar boxes, toiletries for men, pipes and a complete selection of tobaccos – the super-attraction is the walk-in humidor, kept at a temperature

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between 60° and 65°, with separate numbered lockers for Dunhill's special customers. These customers – many of Montreal's wealthiest businessmen – may put aside hundreds of cigars at a time.

Dunhill carries only Cuban and Jamaican cigars: Monte Cristo, Romeo y Julieta, Upmann, Hoyo de Monterrey, Por Larranga, Ramon Allones and Partagas from Cuba, plus Royal Jamaicas (their most expensive cigar at $3.24 apiece). Dunhill also carries a special housebrand, made to specifications in Cuba and Jamaica, and stamped with the Dunhill name. The pièce de résistance? A gold-plated tallboy lighter at $140.

In 1971, **Benson and Hedges** gave Montreal its first wall art – François Dery's tree on Mount Royal East, Guy Montpetit's shapes on Notre Dame West in St. Henri, and Gary Coward's palette on de Maisonneuve at Crescent. A year later, Benson and Hedges opened their first humidor in Le Viaduc, Place Bonaventure. All of their Cuban and Jamaican cigars are kept in cedar compartments at the rear of the shop, with storage shelves below for special customers.

They also carry domestic cigars and cigarettes, Sheraton and Brigham pipes, lighters, leather goods, and an excellent selection of tobaccos – Dunhill, John Cotton, Sullivan, MacBaren, Amphora and Bokum Riff. Two new branches have since been opened, at Cavendish Mall and Medical Arts Pharmacy, Place Ville Marie.

Le Fumeur, off the Royal Bank Foyer in Place Ville Marie, is a smokers' boutique set up by United Cigar Stores, on the opening of PVM ten years ago. The boutique carries tobacco, cigarettes and other accessories, all in much greater selection than the usual UCS store. For example: Monte Cristo, Romeo y Julieta, Royal Jamaica, Willem II, Ritmeester, Henry Winterman and Schimmelpenninck cigars and cigarillos; Brigham, Danmore, Lorenzo and Royal Danish pipes; Erin Moore, MacLaren's, Dunhill and Namoyama tobaccos; and Sobranie cigarettes. Altogether there are about 200 UCS stores in the city.

Dan's Tobacco Shop, 2025 Union, run by Dan Spiegel, is noted for its pipes – in fact, it's where Santa Claus of North Pole, N.Y., comes every year for his Swiss Alpine. Dan's prides, among the four or five dozen types that he carries, are his hand-carved Danish models, particularly the Aunt Julies – no two of them alike. He also has meerschaum and kalabash pipes, Larsens from Denmark, Brigham, GBD, Butz-Choquin from France, and a tiny Chinese water pipe at $10. Spiegel also carries a full selection of domestic and imported cigarettes and tobaccos, and is the only shop in town to carry books about tobacco. Like *The Gentle Art of Smoking* by Alfred H. Dunhill, $7.25; *The Pipe* by Georges Hermant, $2.35; *All About Tobacco*, by Milton Sherman, $5; and *The Connoisseur's Book of the Cigar*, Zino Davidoff, $6.95.

A.E. Morris, 358 Notre Dame West, was established in 1890 at the corner of Notre Dame and St. Jean, and moved to its present location 50 years ago. This shop carries nearly all the imported cigarettes (many hidden away in drawers behind the counter); English snuff; Cuban, Brazilian, Dutch and American cigars; Larsen, GBD, Brigham, Comoy and Berry's Best Briar pipes, a good stock of tobaccos, and old-fashioned friendly service. They also do pipe and lighter repairs.

P.S. If you're an American tourist planning to take Cuban cigars back to the U.S., we'd like to remind you that they're still illegal south of the border. Don't say we didn't warn you if they're confiscated at Customs.

Art on a Shoestring

There are ways to line your walls with interesting, colourful, fantastic – and potentially valuable – art, without being in the same bracket as J. Louis Lévesque or your cousin's husband, the surgeon.

We set a budget of $100 and scoured Montreal's art scene, and discovered, to our amazement, that good bargains can be had for even less.

ORIGINAL PRINTS GALORE

Your best bet, if you're on a tight budget, is an original print by a local artist – not to be confused with a reproduction.

When an artist makes an original print, he alone creates the master image, in or upon the plate, stone, woodblock or whatever. The print is then made by the artist or under his direction. He approves, numbers and signs the finished prints, making from 10 to 150 numbered copies. When the edition is completed, the stone or silkscreen will be erased or the copper plate destroyed.

You simply cannot compare original prints with reproductions made by photomechanical processes – which are not signed, are often printed by the thousands, and have little or no value. Like oil paintings, original prints can increase in value with time.

If you're shopping for a print, hop right down to the **Atelier 68 Gallery**, 1024 Laurier West, where works of the Graphic Guild are exhibited. Great investment: "polychrome" silkscreens by Alfred Pellan (at $140 unframed a little more than the $100 we allowed). You'll also find works by other prominent Montrealers – Richard LaCroix, Michel Fortier, Norman MacLaren and Sandor Gécin – some for as little as $45 *framed*. The gallery also has original prints by Jean Paul Riopelle, as low as $150 framed.

The Graphic Guild, comprised of thirty Quebec printmakers, was established to sell good original prints at prices the general public can afford. Graphic Guild prints can also be found at various galleries around town, and at the Guild's showroom, 4677 St. Denis, open Monday to Friday, 9 to 5.

Another good stop is the **Canadian Guild of Crafts,** 2025 Peel Street, where prices for an original print sometimes run as low as $20. The Guild also sells Eskimo prints and drawings – many in the less-than-$100 range, and some for less than $50. Eskimo art is a better investment than computer stocks these days. In Calgary, a year ago, Kenojak's famous print, "The Enchanted Owl", which sold for $60 a few years back, went for $10,000!

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Eskimo prints are also sold at the **Centrale d'Artisanat**, 1450 St. Denis.

Check out **Media Gravures and Multiples**, 276 Sherbrooke West, where a group of printmakers, photographers and sculptors specialize in the latest experimental art – and prints run from $20 to $80. (In one special exhibition, everything went for 99¢!). The shop is open Wednesday to Saturday, 12 to 6 p.m.

Here are a few other Quebec printmakers to watch for: Yves Gaucher, Guido Molinari, Claude Tousignant, Marcelle Ferron, Guy Montpetit, Robert Savoie, Stanley Lewis and Pierre Ayot. Many local artists aren't attached to galleries, and if you're interested in getting hold of their work, you can try through the **Société des Artistes Professionels du Québec** at 411 St. Nicolas in Old Montreal. The society has more than 200 artists and sculptors as members and is regularly in contact with all of them. They also have a gallery at 411 St. Nicolas with lots of prints in the $100 price range, and many paintings ranging from $100 to $200.

A number of Montreal galleries specialize in prints. At **Gallery 1640**, 1445 Crescent, **Galerie B**, 2175 Crescent, and **Marlborough Godard Multiples** upstairs at 1490 Sherbrooke West, you'll find prints by both Canadian and international artists. Prints by notables such as Altman, Albers, Vasarely, Lichtenstein and Warhol are way over $100 – but what about a poster advertising an artist's exhibition? (At Galerie B, watch for an extraordinary Marcel Duchamp poster, unframed, for $20.)

PAINTINGS, TOO

It's difficult to find a painting for less than $100 – but it can be done if you remember three rules.

Painting Rule #1: Try the big galleries first. You don't have to drive up in a Rolls to set foot in the posh galleries on Sherbrooke Street. We did our gallery-jaunting dressed in the raggiest of jeans, and had the effrontery to ask if there were anything for $100 or so. Nobody threw us out. In fact, all the galleries were most pleasant about it, and showed us what might be had for that price. The odds are that there won't be much in your price range – but while you're shopping, you'll be educating your eyes. And if you happen to fall in love with something that costs $300, **Dominion Gallery**, 1438 Sherbrooke West, will let you take your time to pay.

Painting Rule #2: Think Small. At the big galleries, $100 won't go far. But if an original painting by a well-known artist is what you have your heart set on, look for something small. **Waddington**, 1456 Sherbrooke West, has a small early Rita Briansky portrait of a woman in a hat for $115. One Montreal stockbroker has a modestly-sized Cosgrove painting of apples that he picked up for a pittance a few years ago. It's not big, but it's a real Cosgrove, and it's now worth several times what he paid for it.

At any of the big galleries, you may also find sketches by otherwise much more expensive artists in the $100 price range. Again, Think Small.

If that blank wall really needs a large oil painting, you're going to have to discover an unknown artist, which is where the third rule comes in.

Painting Rule #3: Don't be afraid to stick your neck out. Buy what appeals to you. Some of the world's greatest artists started out on a tablecloth. Discovering an unknown or up-and-coming artist can be a thrill for both you and the painter. Besides,

you can get great bargains for $100 or less.

Some Sunday afternoon, why not make a trip to Longueuil's **Galerie Georges Dor**, 19 St. Charles West? This 150-year-old former brewery features works of young Quebec artists who have not yet "made it" into the Sherbrooke Street galleries. Owner Margo Dor has a number of smaller paintings, drawings, pastels and engravings in the Under-$100 category – along with inexpensive posters for past exhibitions. Among names to watch here: Michel Théorêt, Robert Madon and Gabriel Contant. To get there, take the Metro to Longueuil and from there take a taxi or a #75 bus. To drive, take the Jacques-Cartier Bridge, and follow the Quebec City expressway to the St. Charles exit. Open Wednesday to Friday, 2 to 9 p.m., Saturdays and Sundays, 2 to 6 p.m.

Try student art, at places where painting is taught, such as the **Université du Québec** (formerly L'Ecole des Beaux-Arts), 3450 St. Urbain, or **Sir George Williams University**. Sir George has several exhibition galleries, as well as the **Alumni Gallery** on the corner of Crescent and de Maisonneuve, where exhibits change frequently. The **Alexis Nihon Plaza** hosts exhibitions of student art about twice a year, and several sharp-eyed friends have made real "finds" in this way.

Work by Quebec painters is constantly being shown at **Central** and **Windsor stations, Place Bonaventure** and **Place Ville Marie, Stewart Hall** 176 Lakeshore in Pointe Claire, **Maison des Arts la Sauvegarde**, 160 Notre Dame East, **Eaton's Ninth Floor**, the **Saidye Bronfman Centre**, 5170 Côte Ste-Catherine, the art gallery on top of **Mount Royal**, and, when the weather is warm enough, in **Dominion Square**. (One of us purchased a Blanche Bolduc, Quebec's Grandma Moses, for $80 there.)

FOR $20 OR LESS

Renting is a great idea – especially if you're very broke or a little unsure of your taste. **The Montreal Museum of Fine Arts Rental Service** is located at 2160 Crescent Street during renovations. Among the Museum's lendables: nice big abstracts by Peter London, and super pop art.

Artlenders Gallery, 318 Victoria Avenue in Westmount, also rents paintings by Canadian artists, including some by John Little. At both places, the rental fee is based on a percentage of the painting's value: as little as $5 a month, and about $16 a month for a $1000 painting.

Or try the **Canadiana Gallery** at 222 l'Hôpital in Old Montreal, where William Wolfe specializes in early Canadian prints, starting at $15 unframed.

Or make friends with some student artists and offer to store their paintings on your walls. (Student painters are always running out of room for their canvases.)

THE FRAME'S THE THING

Framing can be expensive. If you're at all handy, try doing it yourself. **Gemst**, 5380 Sherbrooke West, sells framing kits for less than $10, and most bookstores have a number of books on the subject.

And if you're both penniless and all thumbs, and that bare wall is driving you coconuts, you can always cut a picture from a magazine – anything from British Vogue to Arts Canada – and stick it in a 49¢ frame from Kresge's.

Art, after all, is in the eye of the beholder. If you like it, that's what counts.

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You Don't Have To Leave Montreal

Montreal's ethnic boutiques offer everything from musical instruments and children's clothing to jewellery and priceless antiques.

The biggest problem with ethnic boutiques is keeping up with them. Some of the best have had a hard time making a go of it, and have simply vanished from the scene. Others pop up as part of a fad, and disappear as quickly. (During the summer, of course, the place to find them is Man and His World.)

We have chosen what we feel are the pick of the current crop – those ethnic boutiques that are in town right now.

AFRICAN

The **International Craft Centre**, 1452 Peel, has a stunning collection of African primitive and modern sculpture (ranging in price from about $90 to $500); batiks; Senufo wall hangings (a bit like Eskimo graphics); basketware; musical instruments; and spears ($5.95), from Senegal, Ivory Coast, Nigeria, Togo, and the Congo. Upstairs are dashikis, bush jackets, and caftans in rich African prints and batiks, as well as some beautiful embroidered coats and caftans from Lebanon (priced about $195).

The **Afro Shop** at 1249 Guy has bias skirts, African-print clothes for both sexes, beaded collars, and dramatic gold earrings – mostly for pierced ears.

INDIAN

The most beautiful Indian things come from **Le Demain Doré**, 1486 Sherbrooke West: modern and antique chests, sculptures, masks, and prints. Not everything is expensive; for instance, a huge black-and-red framed silk batik was $95; and not everything is from India – there are prints from Ceylon, cushions from Pakistan, sculptures from Africa, and unusual black dresses with coloured embroidery from Afghanistan (about $25).

Raj Kishore's **Indian Hand Woven Silks** at 304 Lakeshore Road has hand-woven Indian silks and raw silks by the yard, sari lengths (about $45 and up), Benares silk stoles, and a roomful of Indian cotton fabrics by the yard – perfect for furnishings. Indian women in Montreal get their saris from **Uma Beauty Co.**, 5593 Cote des Neiges. For an appointment, call 735-5924.

Montreal currently has a plethora of Indian boutiques selling cotton shirts and incense. By far the best of these is **Bombay Boutique** at 1431A Bishop, who have a better selection of shirts,

skirts, dresses and kurtas than you'd find in India – and the prices are great (inexpensive!).

CHINESE

The new **China Resource Products** at 347 de la Commune on the waterfront (in direct view of Habitat), has treasures from the People's Republic: jade and soapstone carvings, jewellery, toys and pandas ($220 for the big one and $40 each for the little ones), lacquer furniture (some well over $1000), Chinese books and postage stamps, embroidered tablecloths and straw placemats, and an exquisite collection of plain and patterned carpets. The ground floor is open to the public; there are five rooms with luxury items that may be seen by appointment only. 845-6151

China Pagoda at 1127 Ste. Catherine West carries a wider selection than any store in Chinatown – except for cooking utensils. You'll find wicker and bamboo furniture; Mah Jong sets; Chinese art supplies; coolie and Hakka hats; books on China and the Orient; Mao jackets in grey or navy cotton ($9.95); cheongsams; kimonos for men and women ($15 and up); and exquisite embroidered silk kimonos in glorious colours that sell for as much as $500. *(see also Chinatown).*

MIDDLE EASTERN

The House of Iran, 1115 Sherbrooke West, ranges from the very expensive (carpets and jewellery) to the not-so-expensive (silk batik scarves for $7, bright coloured beads, ceramic pottery and hookahs). It is also the only place in town where you can get genuine fresh Iranian caviar, ranging from a 3-ounce can at $12 to a 16-ounce can at $64.

The Persian Bazaar, Viaduc, Place Bonaventure, has cotton paisley-print tablecloths in various sizes (about $15) and the softest colours; bedspreads at $30; painted ceramic tiles at $1.50 and $3 apiece; Persian miniatures painted on ivory; antique Persian samovars; and embroidered vests for men and women.

Istanbul Express, also in Viaduc, has jewellery, ceramics, and beautiful greeting cards (50¢ - 90¢) that could be used for any occasion.

Tapestry, 1618 Sherbrooke West, has treasures from Indonesia, China, Bali and Afghanistan: embroidered silks and satins that can be framed or made into cushions; exquisite wall hangings; puppets; lengths of batik; clothing; and many other off-beat items.

MOROCCAN

The **Moroccan Boutique** at 1418 Crescent has absolutely super caftans, djellabahs and burnooses, priced from about $15 and up. They also have thick woollen Berber ponchos in woven designs for $125-$175; handbags and wallets in worked leather designs; belts, scarves, hassocks, blankets, and interesting jewellery.

GREEK

The Athens, 3620 St. Lawrence Blvd., has woven duffle bags, Mikis Theodorakis records, and a very limited amount of worry beads at about $10. A new boutique, **Eva Psarou** at 1522 Sherbrooke West, carries gowns imported from Greece.

ITALIAN

The **Florentine Shop**, Westmount Square, is full of delightful gift ideas: tapestry and velvet cushions; alabaster eggs in rainbow

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olours; picture frames; reproductions and Christmas cards of Old Masters; vases, ceramics; glassware. Slightly more expensive are he gilt desks and other pieces of furniture; a black-and-gold Florentine chess table was $65.

CANDINAVIAN

In addition to teak and leather furniture **The Danish House** Place Ville Marie, Fairview, and 9501 Cote de Liesse) carries candinavian rugs and wall hangings, toys and mobiles, Copco ookware, Kosta and Boda glassware from Sweden, Arne Jacob- en flatware, and Royal Copenhagen porcelain.

Nordic in Viaduc, Place Bonaventure (formerly **Leopoldine** n Mountain Street) is run by Leopoldine Thorvik and her laughter Astri. They carry Marimekko fashions and fabrics by the ard, Vuokko fashions from Finland, and a variety of artistic ems for home and kitchen.

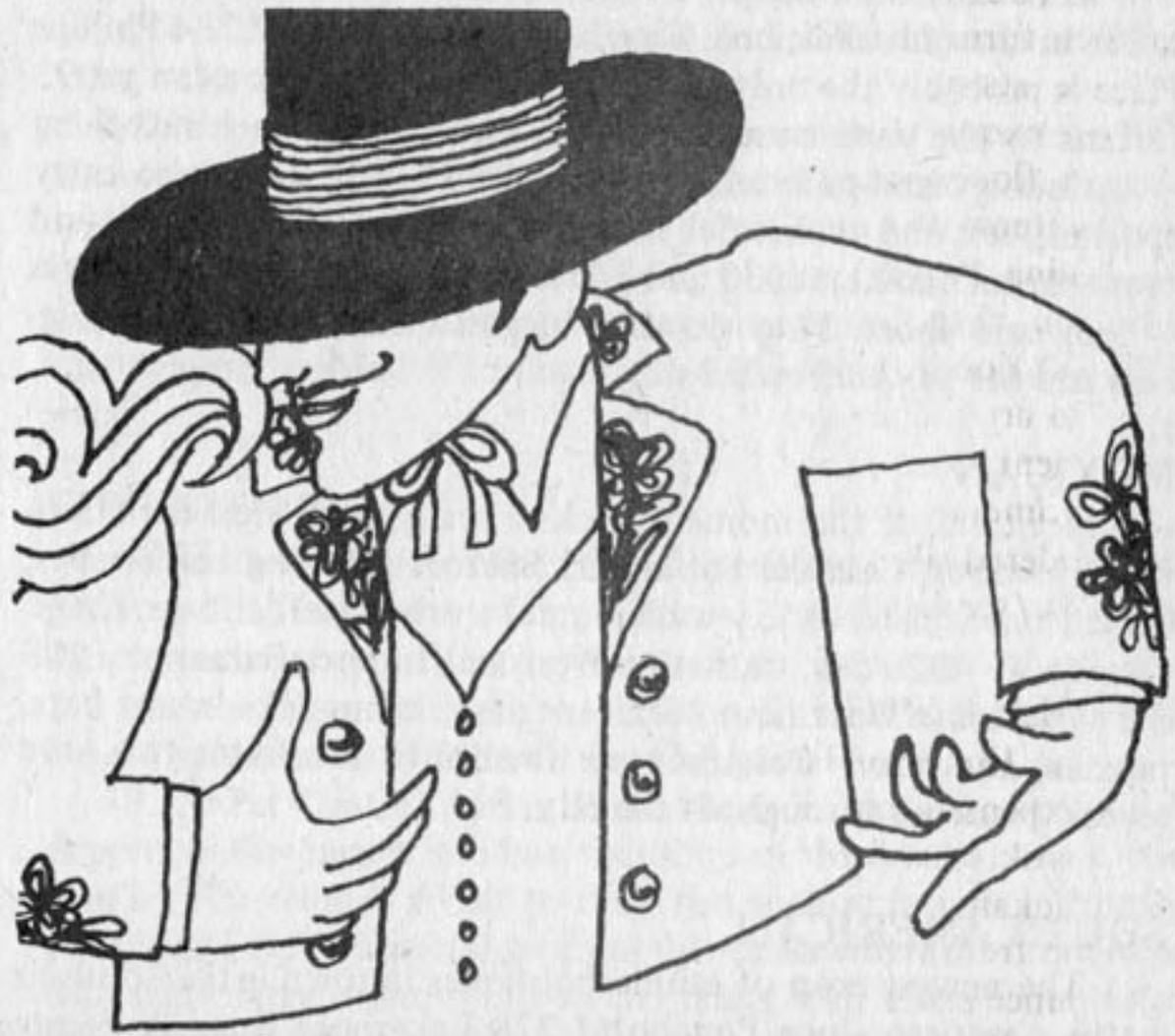
USSIAN

At the **Samovar Boutique,** 56 Notre Dame West (formerly he USSR Boutique at Expo), you can get antique samovars tarting about $45; balalaikas; lacquer boxes; toys of all varieties including matriochkas in all sizes from very large to very small, olls in regional costumes, and painted wooden hobby horses), mber jewellery, perfumes, records, and Russian postage stamps.

Arka at 3656 St. Lawrence is a Ukrainian boutique with reeting cards, books, records, embroidered cotton peasant louses, challis fabric by the yard, braid, and the famous painted gs at $5.50 apiece.

HUNGARIAN

The most beautiful embroidered peasant blouses come from **Hungarian Handicrafts**, 2140 Crescent. They range from cottons to georgettes, and the most expensive is about $26. They also have stamps, dolls, embroidered handbags, scarves, stoles, cushions and pillow covers, and children's embroidered dresses and blouses for under $10.



AUSTRIAN

Try the **Vienna Boutique** in the passage between Place Ville Marie and Place Bonaventure for wool challis scarves and shawls, wool sweater and skirt sets. Tyrolean hats, children's Tyrolean outfits and sweaters, and thick Austrian wool socks – for skiing.

SCOTTISH

While this is hardly an ethnic boutique (actually it's a men's tailor in the old tradition), **Chas. Johnson & Son** at 1184 Phillips Place is probably the only place in Montreal where you can get 93 tartans by the yard, or made up into men's and women's clothing – including hand-tailored kilts (for men, $150). They also carry sporran, belt and socks; ties in nearly every tartan; balmorals and tams; tartan blankets ($30 and $45); and girls' and women's skirts – long and short. They do their biggest business around Christmas and the St. Andrew's Ball.

MEXICAN

Montreal, at the moment, lacks a really good Mexican boutique. However, **Casa del Sol** at 205 Sherbrooke West has serapes, carved onyx chess sets, jewellery, and worked leather bags. **Cargo Canada** at 4026 Ste. Catherine West and **Import Bazaar** at 1108 Ste. Catherine West have Mexican glass, hammocks, straw hats, pinatas, and heavy Colonial-style furniture. The latter two have several branches throughout the city.

SOUTH AMERICAN

The newest crop of ethnic boutiques in town is the South or Latin American. **Inca Poncho** at 328 Lakeshore Road in Pointe Claire, run by Peter Yeomanson and partner, has Peruvian ponchos, woven blankets and wall hangings, beautiful crocheted shawls, gaucho hats, Bolivian flutes, and colourful bead necklaces at 99¢ each. They are probably the only place in Montreal to carry the tucked cotton Mexican wedding dresses ($40 to $65).

Downstairs from El Gaucho restaurant at 2160 Mountain is an Argentinian boutique called **La Pulperia**, with alpaca and wool ponchos, ponyskin and woven wool bags, and colourful scarves.

Titicaca, 70 Prince Arthur East, sells the softest and most beautiful alpaca ponchos, skirts, sleeveless vests, cardigans ($8 and up), and children's ponchos; colourful woven serapes in striped fabrics; musical instruments and flutes; woven belts and shoulderbags; fur handbags; dolls ($3 and $6), sheep and alpaca rugs ($50 and up). The owner speaks Spanish, French and English – and Montreal could use more boutiques like this one.

Pets in a Tank

If you're a city dweller in search of the perfect pet, consider tropical fish.

They don't cost much to feed, are housebroken from birth, don't need to be taken for walks, and never keep your neighbours awake all night with their howling.

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Besides, a fish tank is *hypnotic*: you can stare into it for hours, watching schools of neon tetras, finny angel fish, bright red cardinal fish and exotic Siamese fighting fish swimming in soothing, restful patterns. (As a focus for your living room, a tank makes a great substitute for a fireplace.) Here's how to get started:

AQUARIUM SOCIETY

Before you buy anything, visit a few good fish stores. It wouldn't hurt, either, to read the "Bible" of fish lovers, *Exotic Aquarium Fishes* by Dr. William T. Innes, $5. (You may find a copy at your public library.)

It would also be a good idea to sit in on a meeting of the Montreal Aquarium Society, a non-profit organization dedicated to promoting interest in raising and breeding aquarium fishes, and to introducing beginners to the hobby. Meetings are held on the second Wednesday of each month at the N.D.G. Recreation Centre, Cote St. Antoine Road, and the program consists of slide shows, films, guest speakers, a monthly "bowl show", and fish auctions and raffles at which you can add to the stock in your tank very cheaply.

Memberships are inexpensive – ranging from $3 for a junior membership to $7 for a family membership. Write to Hans Behe, P.O. Box 653, Station B, Montreal.

GETTING STARTED

Shop around before you buy a tank, and make sure that the one you get is guaranteed for one year. A 30-gallon tank with reflector and light bulbs will cost $40-$50.

You'll also need a stand (around $17), a good filter ($20), a heater ($9), an air pump (about $10), a thermometer ($1-4) and 15-20 pounds of gravel (around $5). Add some special aquarium rocks and 6 to 12 plants at about 20¢ each and you're in business.

As for the fish themselves, you'll want tropical (fresh-water) fish, as distinct from marine (salt-water) fish, which are far more difficult to care for. A good fish store will give you advice on a beginners' assortment of fish (prices range from 33¢ for a neon tetra to $25 for a blue-faced discus) and will also make sure that your water has the proper Ph balance.

Once you've started, little maintenance is required: only about an hour and a half per week. But it **must** be done once a week, or you'll find your $25 blue-faced discus floating belly up in a mess of stinking water and dying plants. (Your fish store will explain to you the correct cleaning procedure.) The only other maintenance needed is to throw in a little fish food once or twice a day.

FISH STORES

Although several Montreal department stores have fish departments, beginners will get more knowledgeable advice in shops specializing in fish. As you become more experienced, you can case the department stores occasionally – as you might sometimes find an unusual fish or a good bargain.

P.J.'s Pet Centre, Alexis Nihon Plaza, is rated by tropical fish experts as the biggest and best fish shop in Montreal. (Even if you aren't a fish owner, a visit to their fish section is a great trip for your kids.) P.J.'s has 100 tropical fish tanks with 100 varieties of fish, eight large marine (salt-water) tanks with 25-30 varieties of fish, 30 varieties of water plants and a large selection of river

pebbles, arctic rocks, slate, glass rocks and petrified wood (all used for "decorating" your tank) plus a good selection of books. Clerks are helpful and knowledgeable and are willing to spend time giving advice.

P.J.'s recently opened a second branch in Galeries St. Laurent, 2169 Laurentian Blvd.

Watkin's Pet Shop, 200 Henri Bourassa East, is a great little find. The shop has 65 tropical fish tanks with about 100 varieties of fish, and will shortly be opening a section for marine fish. Good selection of rocks, coral and shells, including some unusual and quite expensive shells, and a fine selection of plants. Tanks are in good condition and fish are healthy. Prices are low, with particularly low prices on angels and guppies. The fish Bible, *Exotic Aquarium Fishes,* sells for $4 here – $1 less than the other fish stores.

Tropical Fish Boutique, 5700 Decarie Blvd., has an interesting program called "Rent a Fish," used mostly by doctors and dentists. For about $50 a month, the shop will set up a 30-40 gallon tank, equipped with automatic feeders called "Lazy Susans." Every two weeks the fish are changed and the tank cleaned. All the customer has to do is – enjoy.

The Boutique also carries about 30-40 varieties of fish in 25 tropical fish tanks. Tanks are clean and well-kept. Prices are average to low: the owner imports his own fish rather than going through wholesalers, so he can afford to sell for less.

Aquarium Pet Shop, 2347 Jean Talon East, is a pleasant bright store with 80 tropical fish tanks and 200 varieties of fish, plus 12 marine tanks with 30 varieties of fish, 10 varieties of plants and a good selection of rocks, slate shells and books on fish. Tanks are clean, fish are healthy, and prices are low.

Ferndale Aquarium, 5712 Sherbrooke West, is an ideal neighbourhood fish store. Owner Jack Goard is a delightful man who gives rambling discourses on everything from Rudyard Kipling to a Rolls Royce factory. He has 40 tanks with about 50 varieties of tropical fish and a good selection of plants. Tanks are well-kept, fish are healthy and low-priced.

Nowak's Aquarium, 5215 Sherbrooke West. Excellent for a small store. The 68 tropical fish tanks are clean and well cared for, with 100 varieties of healthy-looking fish – including some very unusual ones. For tank decoration, the shop has rocks, slate, arctic rock and rare "water-logged" wood imported from Germany and Africa. Good selection of books. Prices seem a little higher than anywhere except P.J.'s.

Red Carpet Pet Centre, 6048 Cote St. Luc. The store is bright and cheerful with helpful staff. However, our fish expert noticed that the 31 tropical fish tanks were a little crowded and that there were a number of dead fish, which should have been removed immediately. (If the fish died of a disease, it will spread.) Prices are average.

BOOKS

In addition to *Exotic Aquarium Fishes,* there are other good books available. *The Freshwater Aquarium* by R.F. O'Connell, sells for $5.65. The Pet Library publishes paperbacks on various species (e.g. *Enjoy Your Angelfish*) for about 50¢. If you're really keen, you can go into more expensive books such as *Breeding Aquarium Fishes* by Dr. Herbert R. Axelrod, $45 for the three-volume set. *Exotic Tropical Fishes,* by Axelrod, Vorderwinkler, Emmens, Sculthorpe, Promek, is a looseleaf binder, $30, to which you can add copies of the monthly Tropical Fish Hobbyist.

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Toys

New York has F.A.O. Schwartz, London has Hamley's, Montreal has **La Boutique** at 1378 Sherbrooke West (down the stairs), run by Mme Gabriel Filion. It's a world of enchantment from the moment you step inside the door: puppets, kites, ladders, parrots, and mobiles hanging from the ceiling; and toys of every shape, size, colour and description bursting from the shelves.

Among the many marvellous toys are wooden puppets from England – Mickey Mouse, Donald Duck, gypsies, English bobbies ($9.98 to $11.98); matriochkas and other wooden toys from Russia; mobiles galore, including a whimsical man-in-the-moon with stars ($6.98); King Arthur's Castle kits ($29.98 and $39.98); sailboats; an entire room of hobbies and art supplies; games and puzzles galore; Little Women dolls with pantaloons and woollen hair; and unusual wrapping paper and cards. Mme Filion has had the store on Sherbrooke St. for about 4 years. The original shop at 1127 Laurier West in Outremont has much the same stock and is every bit as bewitching.

The Chess Nut, 5500 Queen Mary Road, run by Bryan Knight, would appeal to the slightly older child, and definitely to adults. It's the only shop in Canada devoted entirely to chess: chess sets, chess boards, chess tables, chess books, and other chess novelties – including a unique Lover's Chess Set hand-carved in India of rosewood and sandalwood, which supposedly has an aphrodisiacal scent ($55.95).

The Toy Box, Westmount Square, calls itself "the thinking child's toy shop". It has Raggedy Annes and Andys (about $21.95 for the largest); new life-like Sasha dolls from England – boys and girls in mod clothes ($15 to $20); beautiful Steiffl turtles, foxes, and elephants from Germany ($15 to $25); a glorious two-storey doll's house ($27); flashy racing cars ($4.50); and almost every game imaginable.

Gulliver's, 4870 Sherbrooke West, is a children's shop with outstanding toys. Hand-made in Quebec are cuddly ducks and

sheep, by Moshe. There are beautiful dolls with embroidered faces, hand-knit sweaters, woollen hair, and real suede shoes – one is a little black girl – about $20, but worth it for the time and material that have gone into making them. They also have wooden trucks and toys from Montgomery, Vermont; and educational toys from England such as mustard and cress growing sets, and paste modelling kits (about $2.).

Focus at 1000 Mountain (below Dorchester) is back with all its old goodies: Huggles stuffed toys – Humpty Dumptys and the like ($5.50 and up); Ray and Jinx Senior dolls (about $12); burlap camels ($15); small embroidered felt Eskimos in all colours; kites; Coke and Pepsi jigsaw puzzles in cans; and a variety of games. Everything, including the toys, is Good Design.

Holt Renfrew's children's department on the fifth floor at Sherbrooke and Mountain always has some of the most unusual toys in town – perhaps a little expensive, but made to last for years and years. Hand-made in Quebec are Mr. and Mrs. Elf, deluxe rag dolls at $35 apiece. From England, beautiful golden Cockers and black Scottie dogs (each $35); a Mexican donkey and a teddy bear in policeman's gear (each $25); and a very tall giraffe ($40). There are also hand puppets, and a crocheted turtle for about $10.

Ogilvy's has almost a whole basement full of toys, and some on the main floor too: Raggedy Annes and Andys; beautiful English teddy bears; Koala bears from Australia ($26.95 for the largest); dolls in Italian regional costume; banjos; tops; a variety of games; and excellent children's books.

Trainatorium at 5026 Sherbrooke West is an old-fangled kind of toy shop that even in these days of lib. will probably appeal more to boys than to girls. Naturally they have trains (CN, Union Pacific, New York Central); car assembly kits; Matchbox model cars; toy soldiers; hockey sticks; card games; Dracula, Dr. Jekyll and Mr. Hyde, and Hunchback of Notre Dame glow-in-the-dark sets ($2). They also have stamps and coins, including George V dollar bills and shinplasters.

Toy World, Place Ville Marie, Fairview, Anjou and Dorval, has the mass-produced kind of toy, such as Mattel, Barbie, and Fisher Price. (One young mother swears by Fisher Price – she claims they're the only toys her kids have never been able to break.) They also have goodies like stuffed gorillas, Mickey Mice, Woody Woodpeckers, Steiffl toys, cowboy and fireman hats, microscope kits, and a huge selection of games. For parents whose ears can stand the din, they also have drum sets – each piece sold separately.

Dominion Playworld, Place Bonaventure, is a big toyshop with some really huge toys: bears, lions, Raggedy Annes and Andys that are almost five feet high. For very young kids, there are wooden trucks from Finland, and beautiful painted wooden pull-toys from Greece ($8). There are also dozens of stuffed Snoopys, Snoopy wastebaskets with "dog house" lids, Charlie Brown dictionaries, Bobby Orr hockey games ($17.99), all sorts of books, and Canadiens' crests ($4.99).

Eaton's, The Bay and **Simpson's** not only have the largest toylands, at Christmas they also have Santa Claus himself.

If you're near a hospital, don't forget that hospital gift shops often have very good toys, and the **Children's Hospital** on Tupper has a Santa Shop in addition to their regular gift shop every Christmas. And the Place Bonaventure Métiers d'Art Gift Show, every December, has some of the best made-in-Quebec toys you'll find in the city.

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The Browser's Guide to Books, Newspapers and Magazines

"Montrealers are great book buyers – mainly because of the appalling library situation," says Louis Melzack, owner of Classics Bookstores. He may be right: Montreal libraries are not so good as they should be (see *Libraries*) and Montrealers seem to be voracious readers.

This city is not quite so well-equipped as centres of literature

such as London, New York and Paris. But nevertheless, a Montreal browser need never be at a loss for a place to spend a rainy afternoon. . . or to spend his/her last fifty cents before payday on a vintage Simenon mystery.

If you consider that Montreal's English population is about the size of a city such as Edmonton, you realize that Montreal Anglophones are generously endowed with places to buy new books, used books, newspapers and magazines. For reasons of space, we have listed only few of the stores selling French reading materials.

NEW BOOKS

Montreal's largest bookseller is **Classics**, which began in 1928 as a little shop at 1122 Bleury, run by a Polish immigrant named Melzack and his two sons. One of the sons went on to become a professor at McGill; the other son, Louis, took over the business while still in his early teens. In 1938, Louis Melzack opened his first Classics bookshop on St. Catherine West, and married the girl who worked in the shop next door. Mrs. Melzack opened the first paperback shop, in 1947.

Today, there are 38 Classics in Canada, stretching from Vancouver to Halifax, with fourteen shops in Montreal. The main hardback store at 1430 St. Catherine West has beautiful art books, and an entire floor of children's books upstairs. Classics Paperbacks at 1327 St. Catherine West is still the largest paperback shop in the world (Crock's in Chicago is second), with three floors and 50,000 titles from Canada, USA and Britain. There are also branches in PVM, Westmount Square, and nearly every shopping centre; six French branches in the province, including Quebec City, and two in New York City.

W.H. Smith, 1004 St. Catherine West, of the British bookshop chain, has an excellent selection of hardbacks and paperbacks, plus newspapers and magazines including many hard-to-find British publications: *Nova, 19, British Vogue, Sight & Sound, The Field, In Britain, London Illustrated News, Punch, The Times, Telegraph, Express, Observer* and *News of the World.* Branches in Central Station, Place Victoria and Fairview.

Coles, the Ontario book chain, have just opened their first Montreal shop, in Cavendish Mall. Lots of book bargains and frequent sales and specials – plus a good selection of stationary and art supplies.

Information Canada, 640 St. Catherine West, is the federal government-owned bookstore where you can find out more about Canada than you ever wanted to know in both English and French. The variety of titles (all published by the federal government) boggles the mind – Hansard, Senate Reports on Mass Media, Status of Women, Poverty in Canada; art books of National Gallery exhibitions and Canadian artists such as J.W. Morrice and Paul Kane; a Canadian Wildlife series, Songs of the Doukhobours, Mushrooms of Canada, and large sections on native culture, health and nutrition, and of course, statistics galore.

Nicholas Hoare, 2081 St. Catherine West, is a book dealer who sells to institutions and also retails. Because he sells to schools, he has a fine selection of children's books. **Montreal Book Room**, 2050 Crescent, is a similar operation, specializing in children's books and textbooks.

Argo Book Store, 1915 St. Catherine West, is operated by modest-but-charming John George. This tiny shop specializes in Canadiana of all kinds: books on Indians, Eskimos and other ethnic groups, social sciences, fiction, nonfiction and critical

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material, Canadian literary magazines and many works by French-Canadian authors translated into English. He also has a good selection of children's books.

Bonder's Book Store, 1188 Bernard West, near the Outremont Theatre, is a small shop jammed to the ceiling with new paperbacks, hardcovers and textbooks. Owner Mr. Bonder started the shop 20 years ago, and has tried to make his store a focal point in this thriving multicultural community. He's succeeded: it's a place where inhabitants come to browse, gossip, philosophize – and sometimes buy.

The Book Centre, 5168 Queen Mary Road, has a section of Jewish history, books in Yiddish, Hebrew-English dictionaries, Jewish cookbooks and greeting cards. **Lee Mar**, 5285 Decarie, Suite 4, also carries a good selection of Judaica (books, art, and religious articles) along with books, greeting cards and stationary. Both are kosher – closed Saturdays.

You won't find any fiction at the **Poole Book and Stationary Store**, 1479 Mansfield – a strictly technical book store, catering to the engineering and medical professions. Founded by Miss Martha Poole in 1928, the shop was bought by the current owners in 1936. For serious do-it-yourselfers and professional repairmen who want to improve their skills, there are books on highly technical subjects such as plumbing and house wiring, and detailed technical books about nearly every car ever made.

Androgyny, 1225a Crescent, owned by Will Aitken, Bruce Garside and John Southin, is a book shop specializing in women's lib and gay lib literature. You'll find a good selection of non-sexist children's books – including fiction in which a child protagonist is part of a single-parent family. Modelled after New York's Oscar Wilde Memorial Bookstore, the shop carries Montreal's largest assortment of women's lib literature in town, and its gay lib titles include nonfiction, fiction, poetry, drama, and about 25 periodicals from across North America.

Of Montreal's many French bookshops, five in the central area are of particular note. **Flammarion**, 1243 University, has beautiful art books, cook books, travel books and children's books.

Hachette, a branch of the Paris bookshop, 554 St. Catherine East, has magazines and newspapers direct from France *(Figaro, France-Soir, Le Monde)* as well as many Quebec publications. Chopin music plays in the background as you browse.

Centre Educatif et Culturel, 2075 Mansfield, opposite McGill, sells French books on every subject, and **Bertrand** in Place Ville Marie and Place Bonaventure, sells records as well as books. **Librarie Deom**, 1773 St. Denis, specializes in Quebec literature, particularly today's novelists and poets – all in French, of course.

More bookstores of specialized interest: **Ho Chi Minh**, 131 Prince Arthur East, has left-wing publications, particularly books on China, and Chinese periodicals such as the Peking People's Daily. And **Libreria las Americas**, 760 Sherbrooke West has books from Spain and all of the Spanish-speaking countries – in Spanish only.

USED BOOKS

The joy of a good used book store is that you never know what treasure awaits you on the 25¢ shelf – an early Evelyn Waugh Penguin or an out-of-print copy of Zelda Fitzgerald's autobiographical novel, *Save Me the Waltz.*

The danger of a used book store is that you might fall in love with something *rare* at a price you can't afford, and you'll be

faced with the dilemma of buying it. . . or running the risk that it will be gone next time you go there.

Faced with this dilemma, we have on various occasions come home with a 1750 edition of *The Compleat Housewife* ($45, on London's Portobello Road), a 1923 set of the *Books of Knowledge* ($25), 1902 Bylaws of Montreal ($8.75), and an outgraphed first edition of Margaret Atwood's poems, ($1.00).

Here is a list of shops selling used books. Don't say we didn't warn you.

The Book Nook, 651 Notre Dame West, the most spacious of Montreal's used book stores, has a huge selection of books and a large lunchtime clientele – most, from nearby Place Victoria. Owner Reginald Russell, who retires in 1974 from the Bank of Montreal, started the shop as a hobby 13 years ago, and moved into his current premises in summer, 1973. He still has a huge storeroom at the back, stuffed with crates of books, to unpack – but there are lots of books to choose from on the well-organized shelves. Excellent buys on art books, recent best-sellers, and several tables of paperbacks, neatly divided into mysteries, science fiction and other.

Tally-Ho, 764 St. Peter just below the intersection of Craig and Bleury, has a sign inside, "A bookstore is a place (or should be) where you can while away an hour or an afternoon without being asked to buy." The shop's interior features squeaky floors, shelves laden with everything from philosophy texts to science fiction, and the clerk's desk at the front of the shop is alive with locals discussing various matters – rather like the general store of a generation ago. The shop's owner, David Turkington, stocks both used paperbacks (.20 to $1.25) and hardcovers .50 and up. Turkington also gets a large number of books from auctions in New England.

Grant Woolmer, 2027 Mansfield, sells solely rare Canadiana books, and within this already narrow field, specializes in travel and exploration. Among his prized possessions is a first edition of Samuel Herne's famous Arctic expedition, 1795 ($800). Woolmer says that his primary book source is book dealers in other countries – that books found in private homes are just a "drop in the bucket" when it comes to stocking the shelves of rare book shops. This is a shop for collectors: Woolmer discourages browsing and most of his business is by mail.

Universal Book and Stamp Mart, 1064 St. Lawrence, is a narrow shop lined with glass cupboards, filled with used paperbacks and old magazines (everything from *Police Detective* to *Psychology Today*, 35¢ a copy.) Paperbacks are mainly in the detective-violence-porno categories, and sell from ½ to 1/3 of the original price. Hardcovers ranging from $1 to $5 are also sold. Specializes in finding foreign language technical books.

William Wolfe, 222 Hospital Street in Old Montreal, buys and sells old and rare books and manuscripts, maps and old prints. All books are out-of-print. Prices vary: from $3 for an ordinary, recent book; to $15-20 for a nicely printed limited edition; to $2000 for Lord Charles Beauclerk's *Lithographic views of military operations in Canada under His Excellency Sir John Colborne, GCB, etc., during the late insurrection,* London, 1840. Wolfe caters to institutions, but says that "Collectors, librarians and bibliophiles are welcome to browse to their heart's content." He publishes catalogues about twice a year; you can get on his mailing list merely by asking.

N.D.G. Paperback, 5837 Sherbrooke West, is a favorite haunt of budget-conscious West-Enders in search of light reading. Here,

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you'll find a large selection of paperback mysteries, contemporary novels, science fiction and other categories, all stacked alphabetically according to the author's name. Prices range from 25¢ to 50¢. The owner will buy paperbacks at about 1/5 of their original price, and is selective about her purchases. Mysteries are always in demand – but last year's Harold Robbins is not, she says. She will *always* buy back a book purchased from her shop.

Cheap Thrills, 1433 Bishop, attracts lots of Sir George students to its stacks of used books in all categories – including political science, women's lib, sociology, used comic books and shop's owners somehow manage to get slightly damaged best-
shop's owners somehow manage to get slightly damaged best-sellers at almost half price – for example, Mailer's *Marilyn* and *The Joy of Sex.*

Shakespeare & Co., 1415 Mackay, was opened in October, 1973, by David Gidmark, now assisted by Wayne Grady. Both are writers – as yet unpublished – and the shop is named after Sylvia Beach's Paris bookshop which became the haunt of Hemingway, Fitzgerald, Pound and other expatriate Americans. Carried in the shop are used books (paperbacks preferred) on all subjects, records and textbooks. The shop recently came into some rare old books – by Jack London, Jules Verne, Tolstoy and Henry Fielding.

The Moving Finger, 24 Prince Arthur West, is a small, cluttered, somewhat dusty shop. Nothing seems to be classified in any particular order, and even the owners don't seem to be quite sure of what they have in stock. But some people have reported real "finds" here. Besides, the shop is located in the middle of an eclectic and interesting district – reason enough to pay it a visit.

NEW AND USED BOOKS

Elliot-Duncan Booksellers, 1381 St. Catherine West, is owned by Robert Johnson (whose middle name is Duncan) and Martin Cutler (whose middle name is Elliot). The shop sells both new and used books, and is one of the few commercial bookstores in Montreal that buy used textbooks from students. If you're looking for serious reference material, check out Elliot-Duncan's bargain tables, where thick paperbacks of the Princeton/Harvard/ University Press type go for half the usual price. They also carry used paperback mysteries, novels and porn – along with current paperback and hardcover selections. A special service: Johnson and Cutler will search for out-of-print books for interested collectors or specialists. Browsers welcome.

Rodick's, 1484 St. Catherine West, sells new books along with used hardcover books and paperbacks. There is a table of 29¢ books, a table of 49¢ books, and the rest of the used books are mixed in with new books in the appropriate sections. Books are stacked in ceiling-high horizontal piles.

Mansfield Book Mart, 2065 Mansfield, has an above-average selection of new books in every category – from Oriental philosophy to Greek drama – with heavy emphasis on intellectual or scholarly books and underground periodicals as well.

Owner H.E. Heinemann believes that he is the best rare book dealer in Canada. In his antiquarian section, among other treasures, are a book published in 1488 with wooden blocks ($5000) and the first edition of the complete works of George Eliot.

Diamond Books, 5035 Sherbrooke, is a crowded shop which sells both new and used books, and browsers are left alone. Among the new books are lots of cook books, home

improvement and outdoor books. At the back of the store is a table stacked with paperbacks, selling from 20¢ to $1.00. Used hardcover books start at $1, and tend to be in the Westmount Family Library genre – lots of genteel novels, wildlife and gardening books.

Caron, 701 Place d'Armes in Old Montreal, carries both French and English, new and used books. Most of the books are hardcover and prices vary considerably – 60¢ to $25.00 for a 15 volume collection. Most books on the main floor fall into the categories of romantic novel, literary work, or psychic phenomena; the small gallery contains nearly everything else you can think of.

NEWSSTANDS

A good Montreal newsstand should carry all of the local French and English dailies; a dozen or so weeklies such as *Québec-Presse, La Patrie, Echo-Vedettes* and *Sunday Express;* the *Globe and Mail, New York Times, Daily News, Financial Post, Wall Street Journal;* and the latest Canadian, American and French magazines. Anything less than that is a second-rate stand. Anything beyond that is outstanding.

Therefore, with more than 5,000 publications – almost equally divided between newspapers and magazines – Montreal's outstanding news shop is **Metropolitan News**, 1248 Peel, below St. Catherine. . . Canada's largest and oldest newsstand, established in 1918 on the same premises. By 10:30 a.m., that day's New York, London and Paris papers have arrived. By 4:30 p.m., all of the papers are in – almost every newspaper you can think of, from Newfoundland to B.C., Montevideo to Tel Aviv, County Cork to Sydney, Australia.

Some of the newspapers are weeklies. Others, such as *Women's Wear Daily*, may be dailies which are only ordered once or twice a week. Each paper is kept for two or three days. For a small added charge, Metro News will try to get back issues for you.

The shop carries nearly all international magazines – from *National Geographic, Oggi, Der Stern, Match* and *Rolling Stone*, to British, French, Italian and American *Vogue*. Open 8 a.m. to midnight every day of the year, including Sundays and all holidays.

International News, 2187 St. Catherine West, near the Forum, doesn't have Metro's selection of newspapers, but it does have an excellent stock of magazines (including *Hudson Review, Drama Review, American Scholar*, and *McGill Law Journal*), plus many books and paperbacks you might have a hard time finding elsewhere (science fiction and photography, for example). They're always willing to take orders. Out-of-town papers include *Globe & Mail, Toronto Star, New York Times, Daily News, The Times, Daily Express, Telegraph, Le Monde, Figaro, France-Soir*, and *Corriere della Sera*. On Sunday, The *Sunday Times* and The *New York Sunday Times* are available by 1 p.m. the same day.

International, started 7 years ago by Norm McLellan and Allan Goodman, is a "neighbourhood" kind of place, although people from all over town drop in. (One person who's in and out all the time is Lucius "Christmas" Parmelee, the author of an autobiographical book called *Confessions of a Bank Swindler*.) Open from 8 a.m. to 11 p.m., 7 days a week, every day of the year.

Wolfe's News at 1257 Guy below St. Catherine, and **City News** at 1243a St. Catherine West, are also above-average news

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agents in the downtown area. City News is probably the only news shop anywhere to have a barber shop in the rear.

News kiosks are found on almost every second corner in central Montreal. Each is independently owned. In our estimation, the top four are Mountain at St. Catherine, Stanley at St. Catherine (both of these recently added glass to protect the newspapers and magazines); Guy at St. Catherine, for a good selection of magazines; and Guy at Sherbrooke, good for newspapers such as *Le Figaro, Le Monde* and *The Times* (open from noon to 6 p.m.).

Newstands in **Metro Stations** are run as concessions, and vary considerably. The best is Berri-de-Montigny, operated by Ferron International, followed by Atwater, Place d'Armes, Bonaventure and Longueuil. The St. Lawrence Metro newsstand also carries ethnic papers – in Greek, Polish and Yiddish, for example.

Hotels are another good bet: the **Sheraton-Mount Royal** gets four stars for having everything from the *International Herald Tribune* to *Northern Miner.* Try **CN Central Station** and **Windsor Station, Dorval Airport, Macy's** at the Berri bus terminal; and on weekdays, the newsstand downstairs in **C-I-L House**, 630 Dorchester. Plus almost any **United Cigar Store.**

Once you get out of the downtown area, it's difficult to find anything but Montreal papers, and the selection of magazines deteriorates too. Best places to look are around the main arteries: Greene, Victoria, Cote des Neiges, Park, Mount Royal, The Main, Queen Mary (try **Nuway**, corner of Queen Mary and Decarie), Jean-Talon, Sherbrooke, Girouard or Decarie.

To have the *New York Times* delivered on Sunday, check the large drug stores in your area: some of them carry it and will deliver it with a minimum order.

The Word is Handcraft

Pity the poor tourist. Looking for a souvenir of Quebec and finding instead, tiny birchbark "made in Japan" canoes, plastic Mounties, British china and ashtrays with a picture of Buckminster Fuller's geodesic dome stamped on the bottom.

Who'd guess that Quebec craftsmen are among Canada's finest, and most numerous? Just ask anyone who has ever attended the annual pre-Christmas **Métiers d'Art Show**, which attracts hundreds of artisans and around 200,000 shoppers. Each December, the Exhibition Hall of Place Bonaventure is transformed into a glittering treasure cavern, lined with thousands of handmade things to wear, hang on your walls, play with, sit on, admire and even to give away if you're that unselfish.

Mind you, it's not the tourist's fault. A visitor to Nova Scotia or New Brunswick can obtain a brochure at any government tourist office, listing all of the artisans in the province, their addresses, and their wares. During working hours, you can visit the artisan's studio, chat with him, and you almost never go away emptyhanded. The tourist takes home a warm, personal souvenir and the artisan rejoices in cold, hard cash.

From New Brunswick artisans, we learned that the word handicraft is Out. To artisans, handicraft-with-an-i implies junky, cottagey crafts. But handcraft (without the "i") is In. We don't know why – but it's something to remember if you don't want to insult a craftsman.

Anyway, the tourist to Quebec who wants to chat with artisans on their own premises might have a small problem in finding them. Quebec's department of tourism has never published an official list of craftsmen – but partial lists are available elsewhere to real diggers. **Métiers d'Art du Québec**, 1637 St. Denis, an organization of Quebec craftsmen, has an annual publication which contains, among other things, a list of active members, with their telephone numbers and addresses. A list of Quebec craftsmen is also available from the **Centrale d'Artisanat du Québec**, 1450 St. Denis.

When you get the list, you'll have to phone the artisans to see where and when you can see their wares, and if you're an Anglophone tourist, you'll just have to hope that they speak some English. All of which makes a simple browsing expedition terribly complicated. (But possibly rewarding. In a random phone call to potter Nicolas Brodbeck, a member of Métiers d'Art, we discovered that his workshop and showroom are located in the French restaurant l'Habitant, on the bank of the Rivière des Prairies in Pierrefonds. From 8 to 12 each evening in summer; he works at his wheel. The restaurant's patrons are fascinated... "ring" goes the cash register. If only there were an easier way to find out these things.)

To get an idea of Quebec crafts, the handcraft shopper should first of all visit the **Centrale d'Artisanat du Québec**, at 1450 St. Denis, a nonprofit agency supported by the Quebec

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government. Here you'll find two full floors of crafts – pottery, copper enamelling, clothes, rugs, quilts, cushions, dolls, blankets, art from Quebec's Eskimos and Indians, wood carvings, place mats, hats, purses, mukluks and mobiles – ranging in price from $3.50 for small knicknacks to $125 for a quilt. The Centrale also has outlets at the corner of St. Denis and St. Catherine, 1474 Peel, and at 2020 University.

The Canadian Guild of Crafts, 2025 Peel, is the Tiffany's of Montreal's crafts shops, with its careful selection from top Quebec artisans, as well as crafts from across Canada. The shop offers a variety of crafts, and has constantly changing exhibitions.

Those ubiquitous Quebec wood carvings are more varied at the Guild than those we saw elsewhere. . . and yes, the shop sells *ceintures flêchées* (Quebec's traditional woven "arrow" belts, in case you're from somewhere else) for $10.

Le Viaduc, Place Bonaventure. To see artisans in action, pop down to Le Viaduc in Place Bonaventure, weekdays between 11 and 2, plus Thursday and Friday evenings, and all day Saturday. Each month, various artisans – everything from pottery to macramé to leatherwork to glasspainting – are invited to demonstrate and sell their crafts.

Madame de Bellefeuille, Place Bonaventure, is the sort of shop where a visiting executive can find exactly the right thing for his wife. The split-level, lushly carpeted shop carries good quality candles, leatherwork, wood carvings, pottery, metal work, woven goods, jewellery, and a large selection of Eskimo prints, carvings and clothing. A good place to buy a gift for people who have everything.

Bowrings Canadiana Shop, Chateau Champlain. Bowrings other Montreal shops carry imported gift items ranging from Dansk to Fieldcrest, but the Chateau Champlain branch specializes in tastefully chosen Canadiana. You'll find Eskimo stonecuts, Micmac, Cree and other Canadian Indian crafts such as parkas, embroidered slippers, Indian masks and totem poles, enamelled ceramics and jewellery by De Passilé-Sylvestre of Ste. Adèle; hand-made dolls, toys, aprons, mobiles and furniture; ceintures flêchées; and books about Eskimo and Indian art.

Le Rouet (it means spinning wheel) is a chain of artisanat boutiques with five branches in Montreal: Fairview, Place Versailles, 3411 St. Denis, and two in Alexis Nihon Plaza. This is the place to look for hand-woven ties, ponchos, placemats and tablecloths; Quebec ceramics and clay pots; excellent hand-made leather handbags; funky rag dolls; and a wide variety of jewellery – rings, necklaces, chains, bracelets and beads.

Old Montreal is scattered with good handcraft boutiques – and visiting tourists should have little difficulty in picking these out from the welter of touristy souvenir shops – mostly located along Notre Dame.

La Boutique Soleil, 430 Bonsecours, is located in the cellar of a 300-year-old house which is a former fish market. The rough red-brick-and-mortar walls and honeycomb of small rooms make the shop visually interesting. Woven goods – from both South America and Quebec – dominate, and the price range is $20 to $400. The shop also sells jewellery by noted Quebec designers Hans Gehrig and De Passilé-Sylvestre, at prices from $10 to $400. In one room, leather craftsman Pierre Farand whips up everything from belts ($7 and up) to custom-made suits in the $250 price range.

Maison Bonsecours, 393 St. Paul, sells good Quebec crafts, including handwoven ties by Bulow and Svatina ($5-6). If you've

ever wanted to make your own candles, this is the place: tucked away in a corner is a vat where you can dip away, for a reasonable price.

Atelier de Prague, 383 St. Paul, specializes in monstrous, multi-coloured candles that you'd never want to burn – giant mushrooms. . . towers of wax. . . red, yellow, orange and blue monoliths with four or five wicks. The cost is a little steep ($17 for a chunk 10" x 3" x 5") but everything is made on the premises, so you're guaranteed an authentic local work.

L'Artisan, 165 St. Paul, offers only woven things – lampshades, jackets, curtains, etc. It's a pleasant, dark little shop with no price tags, so you'll have to drag the clerks out of their office to find out the price if and when you decide to buy something.

Two Old Montreal artisans make products that are really in the "collector" category. At **Les Choses des Bois** 419 Notre Dame East, Karl Doege makes Canadiana-style furniture to order. No nails or glue: all pieces are fitted with wedges and dowels. A 39" x 72" pine trestle table with six chairs sells for $495; an 80" buffet with four doors for $325. He also sells hanging planters with lights inside (so you don't need a window) for $35 to $50.

Then there's **Theo Lubbers**, 350 St. Paul West, a skilled craftsman with stained glass. His shop sells everything from medallions to hang in the window (less than $10) to church windows and modern murals, which he'll make to order, at more than $1,000. His wife Hedy stitches delightful "tapestries in appliqué" – most rather idyllic, with beautiful young people, flowers and birds – all one of a kind, priced from $100 and up.

Karen Bulow Handweaving, 315 Commune, near the waterfront, is not a retailer, but she will sell her beautiful hand-woven ties as well as small pieces and discontinued lines. Her old stone house has geraniums in the window, hand-woven curtains in rainbow colours, and looms inside where Bulow does her weaving – ties for retailers, and drapery and upholstery fabrics for decorators.

The Enchanted Owl, 4866 Sherbrooke West, in Westmount, specializes in crafts by Canada's Indians and Eskimos. Here, you'll find wood and stone carvings priced from $10 to $2,000; rare argillite totems from the Queen Charlotte Islands, $600 and up; argillite pendants from $22; carved ceremonial masks from K'san in northern British Columbia, $75 to $400; and ancient Indian artifacts – everything from nineteenth century beadwork and silver to a 1920 beaded leather Ottawa Indian tobacco pouch, $150. Among other items sold in the shop are Eskimo stone cut prints from $35 to $85, and Quebec Cree woven baskets, $12 to $20.

Caravan Critters, stuffed animals with mischievious personalities, are made to order by Judy Lurie and Mabyn Armstrong. There are more than twenty species of large, bright felt animals – turtles, fish, frogs, tigers, kangaroos, parrots, crocodiles and the like – most selling from $10 to $25. $40 will get you a large lion or camel that a child can ride. See the critters at **Caravan/Oasis**, 6129 Monkland, in N.D.G.

Across from the Bay, at 486 St. Catherine West, is **Labyrinth**, a craftsman's bazaar-in-a-basement that few tourists ever find. Scattered among the booths selling posters, records, and jeans are mini-boutiques where craftsmen work and sell. Goods here tend to be practical and wearable – leather clothes, jewellery and sandals, all reasonably priced.

Now, if you still want that plastic Mountie, you can't say we haven't tried.

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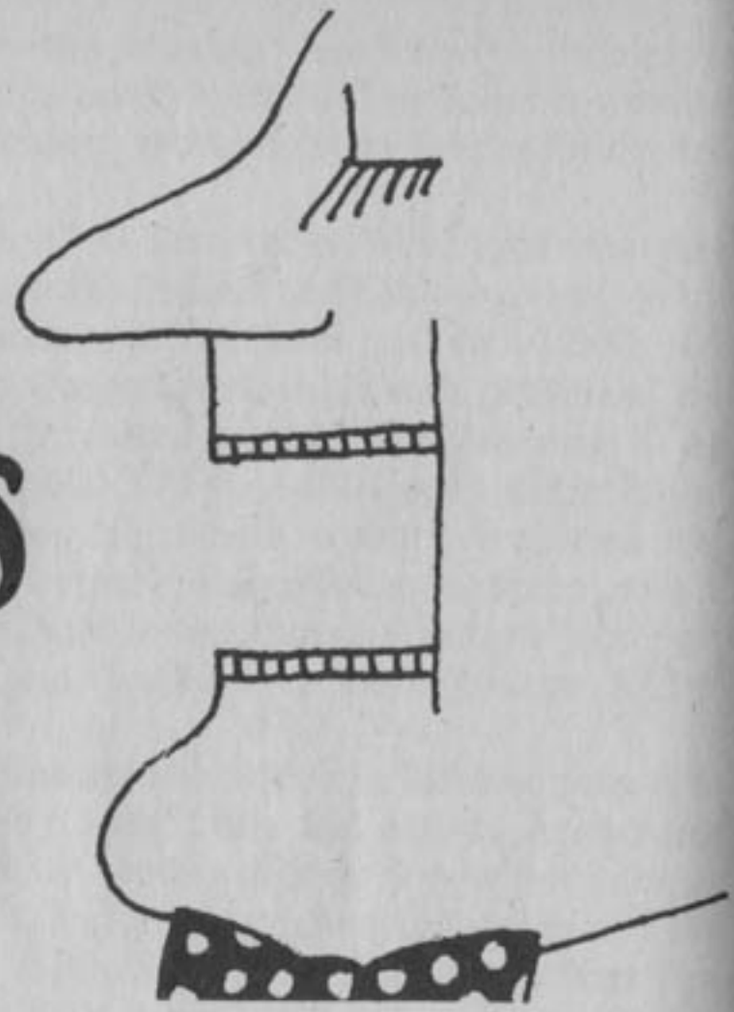
chapter six

Gastronomy and Groceries

Pâtisseries



We always thought *pâtisseries* were French – until we picked up that world authority, the *Larousse Gastronomique*, and learned they are originally attributed to the Greeks. We thought *croissants* were French too – but Prosper Montagné attributes them to the Hungarians. As for Danish pastries, nearly everybody makes them, including the Belgians and Swiss. And Charlotte Russe isn't Russian at all, but French – invented by the famous chef Carême.

The world's greatest pastry-makers over the past few hundred years have undoubtedly been the French, followed closely by the Belgians and the Swiss, although nearly every nationality is famous for some kind of pastry of its own – notably the Viennese and Hungarians. Luckily for Montrealers, or unluckily, if you have a weight problem, many of these European pâtissiers

The word "pâtisserie" has two meanings:
1. pastry. 2. pastry shop, bakery.

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have settled in Montreal, bringing their recipes with them. Few things in life are worse than standing in front of a window of pastries and not being able to eat any of them!

Cousin, 1267 Labelle, is one of Montreal's oldest remaining pâtisseries, as well as being the only one to make its own bread, pastries and cold cuts. The original shop on Labelle (near Berri) is just like a shop on a side street in Paris – if you didn't know it was there, you'd miss it completely.

Established in 1921 by the Cousin family from Normandy, it sold only French bread and pâté, then added pastries. In 1933 M. Cousin sold the shop to a friend, who re-sold it in 1947 to the Bouvet family from Paris. The Bouvet sons, Roger and Claude, are now in charge of business, with 110 employees, 3 floors for baking, and branches in Place Ville Marie, Place Victoria, Rockland Shopping Centre and Westmount Square. Now customers from all over Montreal know the famous Cousin French bread, not to mention the pies, pastries, pâtés (8 different kinds), aspics and frozen foods (anything from pigs' feet stew to sautéed rabbit with wine).

They'll make to order Charlotte Russe, Savarin, Diplomat, St. Honoré, Léopold or Croquembouche. Typically Parisian are the sugar-coated *dragées* Cousin sells in white, yellow, pink or blue – a French custom for christenings dating back to the days of Louis XV.

Pâtisserie Française au Duc de Lorraine, 5002 Cote des Neiges, was started about 15 years ago by Jean Adam, whose father Pol, a pâtissier in Nancy, invented the famous Dominican's macaroons. Today there are 11 bakers on the premises, including M. Adam, and Mme Adam manages the shop.

The Duc de Lorraine is like a slice of France in the heart of Montreal, with its real butter croissants (fresh daily or frozen), *brioches, bouchées à la reine* (vol au vent shells filled with chicken and mushrooms), *babas au rhum* (made with real rum), *religieuses,* chocolate meringues, marzipan potatoes (made with Grand Marnier), Gateau des Ducs (with custard and kirsch – Fridays only), *vacherins* of kirsch, coffee, chocolate, chestnut, strawberry or raspberry. People come from far and wide for the Duc's famous, extra-rich ice cream. (See *Ice Cream.*) They also make croquembouche to order – $30 to $45, depending on size. The shop is open Sundays, 8.30 a.m. to noon; closed Mondays.

Pâtisserie Belge, 289 Sherbrooke West, was started in 1931 by a Belgian named Demagneu. Originally at the corner of Ontario and Park, it's been on Sherbrooke for the past 10 years. And although its present owner, Gauthier, comes from France, many of the original Belgian specialties are still carried on, such as Belgian waffles, *gateau fromage,* and *tarte au riz.* Other specialités de la maison include *pomme d'amour* (baba pastry with rum), *polonaises au kirsch,* charlotte russe, madeleines, tarte aux pommes, petits fours and chocolates, and Léopold-au-rhum and croquembouche (to order).

They also have quiche, *tourtière,* aspics, *ramequins au fromage,* various kinds of pâté including pâté en croute, and excellent frozen foods: escargots, Coquille St. Jacques, coq au vin, ratatouille, poulet à la provençale, boeuf bourguignon, etc. ranging in price from $1.20 to $4.25. Open Sunday, 8.30 a.m. to 4.30 p.m.

Is **Chez Louis,** 2140 Mountain, named after Louis XVI, in which style it's decorated, or Louis Tavan, its owner? In any case, the pâtisserie makes the biggest, flakiest croissants in Montreal, made to look like crabs; brioches; blueberry, raspberry

and lemon Danish pastries; and nearly every French pastry you can imagine from peach and strawberry tarts to *palmiers* and *religieuses.*

In the front is a tearoom (Montreal's one and only) with striped sofas and chairs in Watteau colourings, where you can sit and eat the goodies (or sandwiches of pâté, ham or cheese with crusty French bread), with coffee or Twinings tea – hardly a masculine retreat, but it attracts a surprising number of men.

Chez Louis does catering. There's also a branch of the pastry shop in the **Crêpe Bretonne** at 5182 Cote des Neiges.

Montreal has several pastry shops with similar-sounding names that have nothing to do with one another. **Pâtisserie de Genève,** 1861 St. Catherine West, is a Swiss pâtisserie with a first-class reputation for just about everything it has: linzer and almond cakes, chocolate truffles, wicked sugar-covered doughnuts filled with apricot or raspberry, pistachio rolls, croissants, *pattes de viande,* plus fancy specialities such as *japonaises* made to order. Don't confuse this shop with **Westmount Geneva Pastry,** 4257 St. Catherine West (André Perret), which has good-looking meringues and éclairs, but must be the only pâtisserie in town to sell its quiche by the pound. Both make their own chocolates.

Au Paris Brest, 5186 Beaubien East, (named after the Breton cream-puff pastry called Paris-Brest which they make to order), is worth the trip to the east end for its sensational pastries, pâtés and breads (about a dozen different kinds – round, square, fat, thin, criss-crossed – made on the premises). **Pâtisserie Brest,** 2014 Darling, is famous for its homemade breads and pies and flaky Breton pastries. Both are open Sundays. In east end pâtisserie windows you'll often see *fèves au lard* – baked beans – a favourite Sunday dish.

Select Pastry, 4187 St. Catherine West, near Greene, is the kind of place to go for baked-goods-like-grandmother-used-to-make-only-better. The owners have a faithful clientele – hooked on their gingerbread, pumpkin pie, quiche (superb), steak-and-kidney pie, and cookies of all descriptions. **Superfine French Pastry,** 5511 Monkland, has a similar kind of appeal: meat pies, sausage rolls, cakes and pastries with real whipped cream, gorgeous crusty bread and buns, hot about 10 o'clock in the morning – the same recipes for 50 years. People in that area also like **Pâtisserie de Nancy,** 5655 Monkland, for its tourtières and Danish pastries.

The **Polish Babka Pastry Shop,** 5434 Cote St. Luc Road, is named after the Polish babka coffeecake (they have 6 kinds: fruit, cinammon-raisin, walnut-rum, chocolate, vanilla or marbled). In addition there's cheese cake made from cottage cheese, mazurek layered orange-and-almond cake, almond and poppyseed croissants, and strudel. They make their own egg loaf, salted or salt-free. **Sweet Shoppes,** 2053 Peel and 2020 University, have extra-large croissants, plain or filled with chocolate, cinnamon or nuts; poppyseed and nut rolls; pecan buns and sandwiches. **Dutch Pastry,** 3781 St. Lawrence, has good kugelhof, cheesecake, and about 4 different kinds of strudel.

Absolutely the best cheesecake in town comes from **Swiss Vienna Pastry** in Pointe Claire Shopping Centre. The partners are Swiss, Austrian and German, and their pastries are a mixture of all three: Black Forest cake, *Sachertorte, Linzertorte, Sucher kirsch* (meringue soaked in kirsch), hazelnut and moka cakes, vacherins, and their own chocolates. **William Tell Pâtisserie,** 2055 Stanley, makes Swiss croissants (bigger and squarer than French ones, shaped like horseshoes), quiche and onion pies, shortbread,

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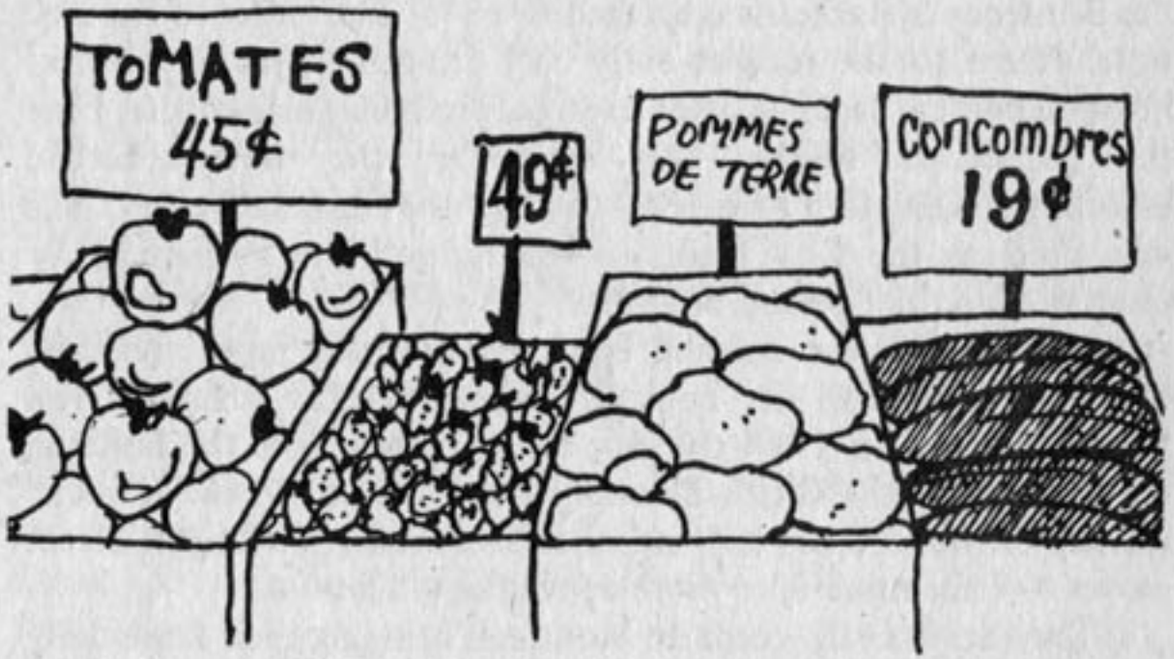
Black Forest cake, and a delectable rum cheesecake (week-ends only, or to order). Their strudel is slightly tart, but their Apple Wonder with raisins is fantastic. **Sur le Pouce,** 1622 St. Catherine West and Central Station, (formerly at Expo), has Swiss pastries you can eat on the premises or take out. Their recipes are unique, and everything's great: Swiss pizza, *wiener en croûte,* tourtières, cheese tarts, Swiss waffles, pecan pie, hazelnut croissants, Black Forest cake – and a quiche that may be Montreal's finest.

Richer and even more exotic are the Hungarian pastries of **Canadian European Pastry,** L. Lantos, 5205 Sherbrooke West, whose chocolate-covered chestnut purée and crescent-shaped pastries filled with poppy or walnut or covered with almonds take you back to another era – the coffeehouses of Vienna and Budapest. Try, too, their bacon-and-cheese hors d'oeuvre. **Oriental Pastry Shop,** 5987 Victoria, also makes lush Hungarian pastries. And at **Pam Pam,** 1425 Stanley, you can take out their strudel, pastry or famous flourless cakes (chestnut, hazelnut, moka, chocolate, strawberry).

Downtown, the best places for pastry are the department stores. **The Bay** has a Swiss Cake Counter. **Simpson's** has a branch of **Du Bois** (also at 4887 Sherbrooke West – they cater and also make their own chocolates). **Ogilvy's** has the kind of cake counter that might be expected, selling Hovis bread, whole wheat, Sally Lunns, scones, oatmeal cookies and turnovers, and plain-but-good pies and tarts. **Eaton's Blue Cake Counter** has Mother Eaton's own hot French bread, wheat germ muffins, banana and date loaves, pastries, cakes and sandwiches, plus excellent frozen puff pastry, pie pastry, pie shells and puff pastry shells. And on the Metro level there's a doughnut-making machine that squeezes out doughnuts right in front of your eyes.

Markets



Crisp, fresh-from-the-ground lettuce. Waxy cucumbers. Onions the size of softballs. Snowy white cauliflowers. Ripe red tomatoes. Baskets of juicy peaches and perfect strawberries and crunchy red apples and tart green apples and dew-covered blueberries and cobs of sweet yellow corn. . .

Markets have been part of Montreal almost as long as the city has been in existence.

The oldest market place in Montreal was Place Royale, the oldest square in the city, at one time known as le Vieux Marché, or Old Market Square. Originally built in 1676 as a drill ground, it served as a public m arket from 1706 well into the 1800's. It must have been the scene of great activity – the pillory and gallows were also there.

In the nineteenth century, the central point of activity shifted to Place Jacques Cartier, and the market moved along with it. It flourished as an open-air market for several years until the Bonsecours Market was erected in 1845. The ladies of the city were driven to the market early each morning by coachmen in horse-drawn carriages – often even before breakfast. At that time the Bonsecours Market was considered the most beautiful building in Canada. From 1852 to 1878 the floor above the stalls was used as the City Hall; it even housed the Parliament of Canada for a brief period in 1849.

However, as the car and truck replaced the horse and cart, Old Montreal with its cobbled streets became less and less functional, and in 1964 the city decided to restore the building for the use of the City's Planning Department. So the farmers' market on Bonsecours and the wholesale market on Trudel Street moved – once more – to more convenient locations.

The farmers still come to Montreal, bringing their fresh-daily produce from all over the Laurentians and the Eastern Townships. They come from Ville Mercier, Cartierville, Ste. Dorothée, Ste. Rose, Farnham, Rivière des Prairies, Rougemont – but now they go to Central Market, to Atwater, Jean-Talon and Lachine. A nominal yearly sum reserves them a space; on top of that they pay $5 every day they come in.

Why do Montrealers love markets? Because they love food, for one thing. Because shopping at a market is more personal and down-to-earth, for another. And although it may not be much cheaper – some claim it is, some claim it isn't – everything is far more fresh and luscious. At some stalls you'll even find home-made jams and preserves; cheese, fresh-laid eggs (especially in 2-1/2 dozens cartons – perfect for poaching); honey; maple syrup; peanuts; plants and flowers; or tobacco.

Some Montrealers will go to great lengths to market. According to one connoisseur, the time to market is very early in the morning, "while the dew is still on the vegetables". This same connoisseur got up so early one Saturday morning to catch the dew at Atwater Market, that it wasn't until he was standing in front of a fruit stall that he realized – to his horror – he had forgotten to do his trousers up. (His friends will never let him forget it.)

Montreal's largest market is the **Marché Central**, just above L'Acadie and Metropolitan Blvd. Actually it's a wholesale distribution centre: a mass-volume market where the big food chains like Steinberg's, Dominion and A&P come, starting at 3 o'clock in the morning, to stock up on everything but meat. Nearly all the indigenous fresh fruit and vegetables you'll find in Quebec, Eastern Canada and some parts of Eastern Ontario come from the Marché Central.

Although it's a wholesale market, some farmers sell directly to the consumer. Some Montreal families get together in groups and buy fruits and vegetables in large quantities, to last for a couple of months. General hours are 7 a.m. to 3 p.m., every day but Saturday.

The **Atwater Market** on Atwater south of Notre-Dame was built in 1931. The Atwater is famous for its meat, which is sold at

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permanent stalls inside the main building. Outside are farmers' stalls, with everything from red onions to eggplant and fresh garlic; flour and biscuit shops; a fish market with everything from fresh-frozen scampi to live eels; a cheese shop offering Canadian cheddar, Norwegian blue cheese and Oka on the wheel (at Christmas the owner puts out glasses of wine for his customers); and a spice shop that stocks almost every spice and curry you can think of – and ginger root besides. Until two years ago, you were also able to buy live chickens, ducks, geese and rabbits at both Atwater and Jean-Talon, but the city has since forbidden it.

Hours are 7 a.m. to 5 p.m. daily, Fridays until 9 p.m. Best days are Fridays and Saturdays, when about 100 farmers come for the weekend.

Jean-Talon Market on Mozart Street, below St. Lawrence and Jean-Talon, is also known as the "North Market" and the "Italian Market" – mainly because it's in the heart of the Italian community. Although some of the farmers are Italian, most are Québecois – but nearly everybody speaks at least a little Italian.

Built around 1929, the Jean-Talon is larger than the Atwater, with about 300 farmers on weekends. Friday and Saturday are the best days. According to some people, Jean-Talon also has greater variety: stalls that specialize in herbs, for example, and vegetables that stay a bit beyond the regular season. Certainly for imported fruit it's better (although the surrounding grocers, cheese shops, fish and meat markets are independent and not officially considered part of the market): gorgeous peaches, bananas without so much as a mark, mouth-watering grapes, and watermelon at 8¢ a pound. If you want squid, around the corner on Casgrain is where you'll find it.

Hours are 7 a.m. to 9 p.m. Tuesday and Friday, 6 a.m. to 6 p.m. other days. Closed Sundays.

Then there's the **St. Lawrence Market** at 1195 St. Lawrence, above Dorchester, a group of merchants who used to comprise the old St. Lawrence Market demolished by the city in 1963. Mainly it's a meat and fish market: **Bercovitch**, the **Canadian Meat Co.** and **Chow Bros.** butchers in the front; the **St. Lawrence Fish Co.** with frozen and live fish (including lobster) in the back; **Donkner's** live ducks and chickens in another part; and **Enkin's**, importers of spices, teas, rices, and other exotic and ethnic foodstuffs, more or less in the middle.

Lots of Greeks and Chinese shop here, although you'll see almost every nationality Montreal has to offer, including Indians and Pakistanis who come for the spices. Hours are 7 a.m. to 6 p.m. Monday to Thursday; till 7 p.m. Friday, and 5 p.m. Saturday.

Some people consider **Waldman's**, on Roy Street East, further up off St. Lawrence, a fish market – actually it's a large fish store that supplies many restaurants as well as a vast ethnic community. Waldman's boasts 200 varieties of fish, including swordfish, mussels, trout, salmon, cod, scallops, perch, octopus, herring, sardines, crabs, clams. You name it, Waldman's has it. Down the street is **Sam's Poultry Market**, with live chickens and fresh eggs. The surrounding area is so full of bakeries, fruit, cheese, meat, fish and sausage shops, not to mention **Warshaw's** and **K&M**, that it certainly qualifies as a marketing area.

Lachine Market on Notre-Dame and 18th Ave., near Lachine City Hall, is a smaller farmer's market, open from June to October, although a few farmers stay beyond October. Hours are 7 a.m. to 9 p.m. Monday, Tuesday, Thursday and Friday. Closed Wednesdays and Saturdays.

Sweets for the Sweet

Anyone who knows Quebec City knows **Kerhulu's**, which has been a landmark on the Cote de la Fabrique for generations. As a restaurant with its own patisseries and confiseries, it was renowned – the home-made pastries and chocolates were sold in the old-fashioned foyer of the restaurant – and was probably unique in the entire province.

Imagine, then, the shock of arriving in Quebec City to find that it had been turned into a Howard Johnson's. The famous dining room had disappeared; and although the Kerhulu pastries and chocolates are still home-made and sold on the premises, the chocolates tasted as if they might as well have been made by Howard Johnson himself. Quebec City will never be the same again.

Nevertheless, the number of chocolate and candy makers who still exist, even in Montreal, comes as a pleasant surprise. It's heartening to learn that there are still some people who care about turning out a quality product. Many of them, in fact, are family businesses.

Laura Secord is the largest candy chain in Canada, with over 225 branches from coast to coast. The company was founded in Toronto in 1913 by Senator O'Connor and his wife, who started in their own home and eventually took the name of the Canadian heroine who led the cow through the woods to alert the Loyalist troops. (On Laura Secord boxes until about 10 years ago she was pictured as a wrinkled old lady; these days she appears as a fresh young girl. Those original boxes must be collectors' items.)

The first branch in Montreal was opened around 1915; now there are over 60 Secord Shops dotted all over Montreal and suburbs, with the largest at Ste Catherine and Peel. Both the chocolates and candies are made in Laura Secord studios, one in Toronto and one in Montreal. The standards over the years have remained high: real butter is used where it should be used, and cream where it should be cream.

Stilwell's Homemade Candies at 5123 Wellington in Verdun is another Montreal favourite. It was started during the Depression by an English violinist who found himself out of a job, with a wife and family to support. The whole family pitched in to make and sell chocolates in the streets of Verdun – eventually earning enough money to buy the shop on Wellington, where they've been ever since. After the father died, daughter Gladys Stilwell took over; then upon her sudden death 10 years ago, her sister Kay Light decided to run the shop with the assistance of

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son John, daughter Connie, and sister Jean St. Michel.

Everything at Stilwell's is made with butter; no preservatives are added. In addition to the humbugs, which are their biggest sellers, they make horehound, a twist made with herbs (Stilwell's is the only place you can find it in Montreal); green and red peppermint ribbons and candy canes (great to put on the tree at Christmas); molasses kisses; salt water kisses; pink, green and white Edinburgh rock mint; peanut butter straw; peanut brittle; butterscotch; and licorice.

Their chocolates, which sell at about $1.65 for a straight pound, are hand-dipped and also made with real butter: creams, caramels, nuts, raisins, "snails", ginger, cinnamon sticks, maple nut rolls, cherries with stems, and in the summer, strawberries. The fancier varieties may add 15¢-20¢ to a box. After ten months of hard work, they close shop during July and August, and go sailing.

Splendid Homemade European Chocolates at 5392 Park is another family affair: Jacob Lieberman, wife Henrika, and son George. Mr. Lieberman before coming to Canada worked with Suchard in Cracow, Poland. With his knowledge of the chocolate business he opened the shop on Park Avenue 22 years ago, and has been there ever since. A few months ago he walked off with two gold medals in the Concours de Qualité en Chocolats de Québec, at the Place Bonaventure 1973 Sweets Exhibition.

Customers come from all over town for the chocolates – over 30 varieties – all in dark chocolate, all kosher. The two award winners are rum fudge truffle, and liqueur (Sabra from Israel and Vandermint from Holland). There are other varieties filled with rye, sherry, cognac, and Cointreau; hazelnut nougats; chocolate almonds, nuts, and coffee beans; mints; and Mr. Lieberman's own favourites, a mouth-watering maple walnut liqueur. Prices range from $2.75 to $3.50 a pound. The shop is kosher too – closed Saturdays.

Andrée Chocolats at 5328 Park, next to Chez Son Père, is decidedly European in atmosphere, although the Farand sisters who have owned it since 1940 were both born in Montreal. Everything is in dark chocolate and hand-made on the premises with pure ingredients – honey, eggs, coffee – and the facilities are immaculate.

The Farands consider themselves "artisans en chocolat", and their customers come from all over Montreal, dating from the time when Park Avenue was a fashionable part of the city, for chocolate dates, raisins, cherries, nuts, creams and hard centres (sometimes topped with pistachio or violet sugar) – $3.25 for a regular pound, $3.75 for fruit and nuts – marzipan strawberries, oranges, and apples; and homemade candies (70¢ jar).

Coronet Chocolates, 5709 Cote des Neiges is a European bonbonnerie run by two Polish sisters, Lucia Festinger and Magdalena Adasiewicz, who opened the store 20 years ago, and have steady customers who have come in once a week for almost that amount of time. Their liqueur chocolates (cognac, rum and orange), fashioned in the shape of bottles, are rated highly by all who taste them. Chocolate-dipped orange peel is also a specialty, and they make their own special nougat and marzipan, as well as dark chocolate for baking – $1.70 a pound.

Prices are about $2.80 a pound; $3 a pound for liqueurs and marzipans; there's a deluxe assortment at $4.25. All are handsomely wrapped in striped boxes, or, in the case of liqueurs, in blue and red embellished with a gold crown (coronet). You may also see them in specialty bakeshops or delicatessens. Coronet is

kosher too – closed Saturdays.

Chocolats Maxime, 1427 Amherst, is a Parisien-like patisserie that also makes its own chocolates. For the past 25 years it has been owned by a Swiss family who brought over their own unique recipes in both milk and dark chocolate. Their specialty is praline. There are chocolates pressed in daisy shapes, medallions, alphabet designs, cigars, fish (for April 1st), red-and-white striped Valentine boxes at $4. and chocolates for children in the form of bells, rockets, planes, rabbits and bears. Price for a mixed box is $2.75 a pound.

Maynards is an English chain of chocolate and candy shops which is better-known in Ontario, but now has 4 branches in Montreal: Fairview, Galeries d'Anjou, and 2 in Alexis Nihon Plaza. Their chocolates are made in Ontario and the hard candy comes from England; the quality is excellent.

Bonbons Guay, with 7 outlets in Montreal, is the second largest chain in Quebec after Laura Secord. M. Guay, a Belgian, was with Secord for 15 years before starting on his own in 1936. Over 100 kinds of chocolates and candies are made at their main branch at 970 Jean Talon East. In the recent Concours de Qualité they won four silver medals: for miniatures, seasonal novelties, fudges, and hard candies. Branches are at Place Versailles, Berri Metro, 6711a St. Hubert, 10 Place Cremazie, 812 Mount Royal East, and 785 Decarie in St. Laurent – the first candy shop in Montreal to carry flowers.

Until 3 years ago, **Eaton's** also made their own chocolates and candies. Now they carry the famous Godiva line from Belgium and New York – beautiful chocolates pressed in floral, oak leaf, and even tennis racquet designs, and done up in elegant gold boxes.

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Tutti Frutti with Butterscotch Sauce, Whipped Cream, and a Cherry on Top...

...and other delights

In the old days in Montreal, there used to be ice cream parlours on almost every corner.

That was before either World War, before Prohibition was lifted, before cars and planes, and distractions like movies, radio or television. Older Montrealers can still remember when the life-style was going out for a walk on an afternoon or evening and stopping at the ice cream parlour for a 5¢ dish of ice cream.

Those were the days when you sat down at little round tables with curvy wrought iron chairs, and lingered over a dish of creamy ice cream that was kept beside the counter in buckets of salt and cracked ice – this was before refrigeration, of course – and the iceman visited once a day.

Courtships bloomed over strawberry sodas. The great-aunt of a friend remembers choking over her ice cream upon being presented with an engagement ring by her fiancé in an ice cream parlour at the corner of the Main and Ontario, 60-odd years ago.

Anyone who has ever made home-made ice cream knows what goes into it if made the way grandma used to make it: eggs, sugar, milk, cream, salt, vanilla and fresh fruit. Ice cream made this way is expensive, fattening – and immoral. If you want to make it yourself, **Belle Cuisine**, 1200 Bishop Street, has both manual and electric ice-cream making machines. You're not a

coward to choose the electric machine: the manual one takes hours of cranking, along with several strong-armed men (or women).

In her marvelous book, *Bite*, about eating in New York, Gael Greene raves of the wonders of Barracini, Baskin-Robbins and 101 Varieties of Yum-Yum and other delights such as ethnic, health and goat's milk ice creams. New York has flavours that Montreal hasn't dreamed of: Scotch on the rocks, bubblegum, boysenberry cheesecake, strawberry shortcake, mango, watermelon ice, apricot, pink grapefruit, and red-white-and-blueberry.

Nobody in Montreal has anywhere near 101 flavours. The winner here has 28: Swiss chocolate almond, black raspberry, peppermint stick, coconut, pistachio, fudge ripple, coffee brandy, mint chip, mocha chip, apple strudel, burgundy cherry, chocolate chip, maple walnut, coffee, butter crunch, rum raisin, strawberry, butter pecan, chocolate, blueberry, caramel, vanilla, banana, peach, plus orange, lime, lemon and raspberry sherbets – and that's **Howard Johnson**, an American company.

His famous orange roof is now at two locations in Montreal: 710 and 1236 Ste. Catherine West, so that Montrealers no longer have to nip down south of the border. Howard Johnson is open every day, Sundays included, and also sells sundaes, milkshakes, sodas and banana splits. In fact, this is one of the few ice cream places in the city where you can sit down, although the atmosphere isn't exactly what you'd call ice cream parlour.

Laura Secord went into the ice cream business in 1967, opened their first ice cream counter in Montreal in 1968, and are today the largest ice cream sellers in Canada coast to coast. They have only 10 flavours: vanilla, chocolate, strawberry, butter pecan, rum raisin, butterscotch, maple fudge, burgundy cherry, and a couple of sherbets. There are 60 Laura Secord shops in Montreal that carry ice cream (not every Laura Secord shop does), the main one being at the corner of Peel and Ste. Catherine. Others are sprinkled liberally throughout the city, as well as in most shopping centres. The one at Peel and Ste. Catherine is open Sundays, and so are many of the others.

Maynard's has several locations in Montreal – Alexis Nihon Plaza, Fairview Shopping Centre, Les Galeries d'Anjou – and 18 flavours of ice cream: cherry, pistachio, strawberry, peppermint, orange, peach, chocolate, vanilla, neapolitan, butterscotch marble, chocolate marble, maple, grape, fruit, coffee, butter pecan, bisque tortoni and pineapple.

Maynard's is much better known in Ontario – with dozens of chocolate shops with ice cream fountains. Montreal Maynard's don't have sitting places, but they do serve milkshakes. All are open Sundays from 12 to 5:30 or 6 p.m.

One of Montreal's favorite ice cream spots for years has been **Sealtest Dairy**, also known as Elmhurst Dairy, 7470 St. Jacques West in Montreal West. In summer, Sealtest is open from 9 a.m. to 10 p.m., Sundays included, and on weekends or hot evenings, Montrealers line up and jam traffic for blocks – all for a wickedly generous double dip.

The dairy is a Montreal trademark, with its famous three-dimensional cows on a billboard outside. Started some 50 years ago by the Trenholme family, who owned Elmhurst Farm, it used to be at the end of the trolley line, surrounded by green fields, and families would come out on the trolley with their picnic baskets and make a day of it.

Sealtest offers a number of flavours that change seasonally: vanilla, chocolate, strawberry, vanilla fudge, orange pineapple,

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blueberry, banana, rum raisin, chocolate chip, butter pecan, neapolitan, maple, and tiger tail – orange and vanilla shot with licorice. Many of these flavours are available at the supermarket – but somehow they taste extraordinary when freshly made.

Another favorite is the **François St. Aubin Dairy** in St. Laurent, just off Laurentian Blvd. near Cote Vertu. Their flavours include strawberry, chocolate, pistachio, coffee, banana, vanilla, orange, peach, fruit, butterscotch and cherry. Mr. St. Aubin doesn't make his own ice cream, but has it made especially for him. This dairy drive-in is packed on weekends.

Barton's in Cavendish Mall is a recent addition to Montreal, with more than 20 flavours of extra-rich kosher ice cream. They also have old-fashioned sundaes in take-out containers, but there's no place to sit down in the shop. Besides the ice cream (made especially for them), the shop carries the famous Barton's kosher chocolates from New York and Switzerland. They stay open Friday and Saturday, although they're kosher, because none of the chocolates or ice cream sold is made on the premises.

Eaton's don't make their own ice cream, but have it made for them according to their own special recipe, in just a few flavours, including chocolate, vanilla, coffee, strawberry, and always a special of the month, which could be something like black raspberry or caramel bisque.

Purity, just below the giant "Guaranteed Pure Milk" bottle, Mountain Street just below Dorchester, makes ice cream to sell mainly in stores, but they will sell in bulk to the public. They have 21 flavours, including brandy peach, blueberry ripple, butterscotch, rum raisin, neapolitan, butter pecan, orange, chocolate chip and tiger. Open Monday to Friday, 9 a.m. to 5 p.m., Saturdays to 2 p.m.

Tip to picknickers or cottage-goers: Purity will pack quarts and gallons in dry ice to keep your ice cream frozen for ages.

The sticky-finger award for the most exotic ice cream in town goes to the **Duc de Lorraine**, 5002 Cote des Neiges, just south of Queen Mary, who make French ice cream right on the premises. Like everything else in the shop, this ice cream is extra-special, and different from anywhere else. No cones – it's available in pints or quarts only, in two qualities. Regular quality (ordinary rich) comes in chocolate, coffee, orange, lemon, strawberry, hazelnut, praline and vanilla, at $1 a pint and $2 a quart. Parfait quality (super rich) comes in coffee, chocolate, strawberry, plum and fruit, at $1.50 a pint and $3 a quart. There's even a parfait kirsch at $2 a pint, made with real kirsch.

Italian ice cream is the best in the world – but it's nearly impossible to find in Montreal. There are some Italian gelaterias, but most sell only to restaurants, so if you're lusting for some real Italian-style pistachio, tortoni or cassata, your best bet is a place like La Popina, Paesano or Chez Vito.

However, we found one place, **Pasticceria A. Alati**, where you can buy sinfully georgeous spumoni in bulk. This frozen delicacy is made from an old Calabrian recipe and takes three days to make – hence the price of $1.40 per pint. It's fluffy, light, rippled with fruit, frozen whipped cream, lemon custard and cinnamon. In summer, you can sit on a table inside and enjoy it by the scoop, along with cookies made on the premises. The shop is located at 277 Dante, just off St. Lawrence, in the Italian community.

Oh, yes, you can buy organic ice cream at the **Health Mission**, 1138 Bernard West. (See *Health Food Shops.*)

The Great Montreal Sausage Hunt

Ralph Nader, next time you come to Montreal, we're going to restore your faith in the sausage.

We're going to whiz you up and down the Main. To Hoffners for a nibble of *csabai kolbasz;* to Corvin's, for a fat knackwurst, hot and juicy on a crunchy roll; to Sepps for a little greeny-grey marjoram liverwurst (looks weird but tastes divine); and to Slovenia for some smoky Yugoslav farmer sausage to eat on the plane home. And finally, we'll drive you out to Chomedey, where, at the Alpina delicatessen and salami plant, you can watch prime cuts of beef and pork be lovingly transformed into spicy Hungarian salami while your senses *reel* with ecstasy.

Both of us have visited many countries, in both Eastern and Western Europe. But after trekking around Montreal's sausage shops, we're convinced that the widest selection in the world must be right here. Where else can a sausage freak sample close to 100 varieties of sausages and cold cuts – Czech, Hungarian, Polish, Swiss, Italian, Yugoslav, Spanish, Dutch, Austrian, Danish and Russian?

Some types of sausage are standard – although the recipe may vary slightly from shop to shop. Salami can be hot smoked or cold smoked or sometimes hickory smoked. It can be beef or pork or a combination. It can be German, Hungarian, Swiss, or some other nationality, depending on the spices used. Other standard sausages, prepared slightly differently by each shop, include: ham salami, tiroler salami, chicken sausage, beerham, bierwurst, praha, farmer and hunter sausage, *krakowska* (a Polish ring) and various bolognas.

Most of the sausage shops are small family operations whose secret spice recipes are carefully guarded. Most declare that their products are pure meat – no cereals or other fillers added. "We have not yet learned the North American habit of not using meat," a Hungarian-born proprietor says. For this reason, prices tend to be somewhat higher than the products sold in your favorite supermarket by the large meat packers.

Most shops also offer three or four varieties of liverwurst – fine, coarse and one or two spicy blends.

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Then there are the sausages you serve hot. Fresh beef and pork sausages – bigger, leaner, and meatier than the supermarket kind. (For best results, broil slowly.) Then move on to *knackwurst, parky* (a Prague frankfurter sold in pairs), and real *weiners*, for superhotdogs. And for a wildly impressive Sunday brunch, try milk-white *bratwurst* (a pork and veal mixture) and *weisswurst* (veal only), with *debreciner* (long, skinny, garlicky Hungarian sausages which are usually loaded with paprika).

Besides all these standard varieties, each shop will have a few specialties which can lure addicts from as far away as Boucherville. Some kinds of sausage are universal favorites; others, such as blood-and-tongue sausage or head cheese, are only popular with customers of European origin. Canadians, put off by the *names*, fail to consider just what ingredients go into an ordinary supermarket frank.

Most sausage-makers sell to various delicatessens throughout the city, but for the largest (and freshest selection), you should try to visit some of the following shops. If possible, do it at some time other than Friday night or Saturday – so that the clerks have time to tell you about the products and offer you tidbits to sample.

Hoffners, 14 Prince Arthur West. Located just off the Main, this 22-year-old shop attracts little passing trade, but has a steady, loyal clientele – many of Hungarian origin, like the owner, John Hoffner. The shop specializes in Hungarian style sausages of every combination (with or without garlic, with or without paprika) but also produces 20-odd German, Czech, Polish and Yugoslav varieties.

Hoffners are especially proud of their *csabai kolbasz*, a pork and garlic sausage which can be eaten either uncooked or stewed; paprika head cheese (very low on jelly); marvelously lean ham salami; and divinely decadent *debreceni* for brunch or as hors d'oeuvres. Hoffners also make their own fiery pickles – dill, banana peppers and stuffed paprikas.

Corvin's, 3671 St. Lawrence, is a cave of a place with salamis of varying shapes and sizes hanging all over like stalactites. The shop offers one of the best lunch bargains in town – a stand-up snack bar service of hot sandwiches (knackwurst, weiners, parky or various hams) served on crisp rolls, 40¢ and up.

Manager Ernest Fogel is especially proud of the operation's hickory-smoking process, used for many of the products. The shop's specialties include *prosciutella*, Swiss Tiroly, mild and hot debreceni, four kinds of liverwurst and head cheese stuffed in a pork stomach.

The **Slovenia**, 3653 St. Lawrence, manufactures 30 different kinds of sausages, many of them Yugoslav in origin. Owner Anton Godina suggests you try the *kransky*, sausages which are warmed in hot (not boiling) water. A pound can feed a family of six, he says. Another good buy is the smoked dry farmer sausage – terrific for picnics or camping trips because it will last practically *forever* without refrigeration.

Sepps, 3679 St. Lawrence is the oldest and probably the best-known of Montreal's sausage shops. The shop was founded in 1937 by three fellows whose first name was Joseph – Sepp for short. In 1938, they were joined by an Austrian, Karl Bauer, whose sons now run the operation. Hans, a Loyola graduate in pre-med, now runs the business part, and Peppi and Karl, who hold degrees in sausage-making from Augsbourg, Germany, are in charge of production.

Sepps stick closely to old European recipes. Ask to taste their *gendarme* or *landyaeger* , a square picnic sausage containing peppers and caraway seeds, and their pure beef pepperoni, the Cadillac of pepperonis at $2.50/lb.*, but nearly unrelated to the pizza pepperoni commonly sold in supermarkets.

Sepps are also proud of their Black Forest ham, their stuffed chicken, and their Norwegian style "mild cured" smoked salmon ($6.50/lb.) which they sell to Europe, the Bahamas and the U.S.

The shop on St. Lawrence is still owned by the family; other Sepps stores in Montreal are franchise operations.

The **Old Europe**, 3855 St. Lawrence, also located in Alexis Nihon Plaza, is a franchise operation manufacturing close to 90 products. Owner of the St. Lawrence shop, Jose Santos, pointed out some Old Europe specialties – *mergez*, spicy red unsmoked pork sausages, French style, for broiling or frying; pure veal weiners; *kashanka*, a Ukrainian blood-and-buckwheat sausage that looks a lot better than it sounds; and Spanish *chorizos*, both hot and mild, for paella.

Santos maintains that the Old Europe's *krakowska*,, a juicy Polish ring, is the best in town. "We use top secret ingredients and *very* young pork legs," he says.

Just off Labelle Boulevard in Chomedey at 3883 Perron, is the heretical **Alpina Salami** plant and shop, whose Slovakia-born owners dare to maintain that they have improved on European tradition.

We arrived at Alpina just in time to watch Hungarian salami being made. Along with the prime rump and pork chops (and secret blend of spices, natch), owner Emil Piacek poured in his own innovation – a generous dollop of Captain Morgan rum!

The Piacek brothers, Kornel and Emil, are proud of their quality control ("no preservatives"), and of the fact that they have a federal meat inspector on the premises. To be granted federal inspection, a firm must pass a number of rigid building and equipment regulations, and can buy only from federally inspected meat packers.

The brothers Piacek came to Canada from Slovakia in 1949. Kornel, a trained lawyer, opened the Royal Delicatessen in St. Laurent in 1954, and expanded into sausage-making in 1965 with the help of his brother Emil, a pharmacist-turned-chef. By 1973, Alpina was producing 10,000 lbs. of salami per week.

House specialties include a prosciutto-like "Laval Ham" and a cold-smoked Prague ham which takes one month to cure. They produce four kinds of cold-smoked salami, eight kinds of hot smoked salami, nine kinds of sausage for frying or grilling, ten kinds of hams and smoked meats, and various baked loaves and liverwursts.

While dark, silent, artistic Emil supervises production, gregarious, chubby Kornel haunts international sausage fairs for the latest innovations in sausage making.

Like many other delicatessens, Alpina will prepare a nicely arranged platter for entertaining, buffet style, $1.00* per person. "Add your own salads, breads and pickles, and you've fed 15 people for less than $20.00," says Kornel Piacek. The platter consists of ten or more kinds of cold cuts – beefy summer sausage, delicately spiced Swiss, Hungarian, German, and black salamis, peppery Veronese sausage, juicy hams, butter-smooth liverwurst . . .

Eat your heart out, Ralphie boy.

**All prices listed are subject to change.*

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The Clockwork Cheese

"Apple pie without cheese is like a kiss without the squeeze," says an old Yorkshire proverb.

Well, the author of that proverb was not talking about a processed cheese slice, plastic in texture, limply draped over coffee-shop apple pie.

No, he was talking about a chunk of Yorkshire's white Wensleydale cheese – but he could just as well have been referring to a small slab of Canadian Cheddar or a buttery nibble of Oka. (While we're at it, the apple pie must be hot and home-made, preferably with freshly-picked apples.)

Good cheese, real cheese, is an all-time culinary delight. A perfect dessert. A savory snack. A quick breakfast. And even – accompanied by a salad and French bread – a filling, inexpensive supper.

During our wanderings through Montreal cheese shops, we found out a lot of things about cheese. Like, no matter what your mother told you, cheese does not make you constipated. (We

suspect this old mothers' tale is a ruse used to stop kids from gobbling up all the cheese.) On the contrary, natural cheeses contain beneficial bacteria that actually help your inner workings. Several cheese addicts told us that they eat a minimum of four ounces a day and their systems operate like *clockwork*.

Cheese is less likely to become moldy if you don't let it sit in a warm room for long periods. But if it does become moldy, just scrape off the mold and it's okay underneath.

Hard cheeses such as Gouda, Cheddar and Oka can be bought in large blocks and refrigerated or even frozen. (Like meat, they can only be frozen and thawed once.) Perishable soft cheeses such as Brie and Camembert cannot be frozen, and should be eaten within two or three days after purchase.

Camembert and Brie cheeses should be soft to the touch and white outside. If they're hard and white, they're not ripe enough; if they're brownish and sharp-smelling, they're too old. And yes, the white crusts are supposed to be eaten.

Several hundred varieties of cheese are available in Montreal's cheese shops. You might not be able to find that Flamenco cheese you enjoyed in Portugal last year – but you will be able to choose from a variety of Canadian, French, British, Scandinavian, Swiss, Dutch and Italian cheeses – including 8 types of Gouda, and Parmesan grated in front of your eyes.

Montreal's Big Three cheese shops are all within shouting distance of each other. Newest of these is **La Gastronome** in the basement of **The Bay**, Ste. Catherine at Phillips Square. This zippy food bazaar shares a wood-panelled corner near the Metro with the newest and most swinging of the Quebec Liquor Board's "boutique-type" stores. La Gastronome is a concession, owned and operated by a French couple, Gérard and Suzanne Finkelstein – who work closely with the QLB's Ferdinand Mousseau to make sure your wines and cheeses have the perfect marriage.

Vivacious Suzanne is ready and willing to tell you all about cheese. She admits a definite preference for French cheeses – more expensive in these days of devalued dollars – but will plan a cheese tray for any budget. A sample tray for twelve people: a half-pound each of creamy goat cheese, Brie, Old Cheddar, Oka, Roquefort, Swiss, kirsch-flavoured creamy cheese, Gouda and Port Salut – for a total of $12.00. She and Mousseau agree that a wine and cheese party should have a good selection of cheeses and only one kind of wine – not the other way around. The wine should be red: Mousseau suggests Domaine de l'Ile Margeaux, a Bordeaux, $3.60.

Their own favorite wine-and-cheese combinations? Suzanne Finkelstein likes Brie and Roquefort with French bread and Beaujolais. Mousseau suggests Oka and a splurge of Chateau Trotevielle, a St. Emilion, at $12.00.

Montreal's oldest cheese shop is **The Cheese Shoppe**, on de Maisonneuve right across from the Bay – its fourth location in Montreal. This shop has been operating for nearly 80 years, and for the past five years has been owned by an Irishman named John Porter. Porter, ably assisted by the previous owner, Robert MacConnachie, provides personal old-country service to its wealthy, discriminating patrons. (Everybody from Perry Como to Ursula Andress to Queen Elizabeth II.)

This little cave stocks only original cheeses (no Canadian imitations of Gruyère, Roquefort and the like) and ships to customers all over the world. Aged cheddar, says Porter, will travel anywhere, and survive unrefrigerated for three months or

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more. The Cheese Shoppe is a friendly, intimate place with little tastes of cheese being continually proffered ("What about a little sage-flavoured Dunlop. . .or a walnut-covered Raimbol? ") and some of our friends have opened charge accounts by phone. The shop also will deliver cheese, prepare and ship gift boxes, and supply you with their own special grated cheese mixture for fondue.

Porter's favorite cheese snack: the Cheese Shoppe's own port-drenched Stilton, cheddar cheese, and French bread or crackers, accompanied by a tart preserve such as red currant jelly or blackberry jam.

Eaton's gourmet department, presided over by Jacques Roy, carries about 200 cheeses and is constantly on the lookout for new ones. Eaton's carries only natural cheeses, "no processed ones – not even the Swiss process cheeses."

Every year, this department ships hundreds of pounds of Oka all over the world – and whenever possible Roy tries to promote Canadian cheeses. "Besides Oka and Cheddar," he says, "there are a number of other good Canadian cheeses – some of them copies of European cheeses at lower priees." For example, there's Nippican, a wine-cured Ontario cheese. And the Benedictine monks at St. Benoit du Lac on Lake Memphramagog make both Ermite, a blue cheese similar to Roquefort, and a good Gruyère-type cheese. And why, Roy asks, are people reluctant to try a Canadian Camembert?

One of Eaton's features is a Cheese-of-the-Month club – a good Christmas gift idea for the gourmet who has everything. For $35.00 for 10 months, or $20.00 for five months, Eaton's will air-mail a monthly selection of cheeses anywhere in the U.S. or Canada. (A typical selection: Jarlsberg from Norway, Edam from Holland, and Samos 99, a spicy herb-flavoured cheese from France.)

Scattered around town are a number of smaller shops with a good selection of cheese. Of these, three stand out.

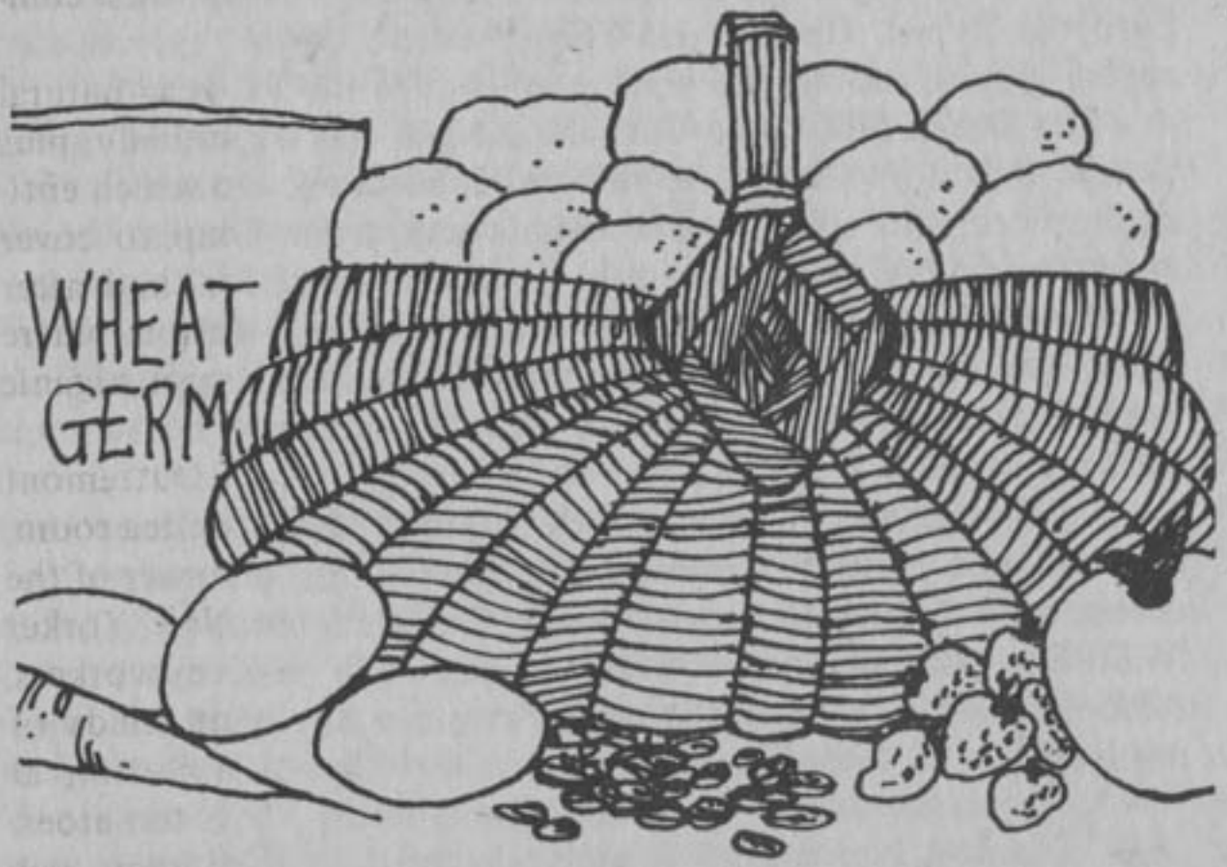
La Casa del Formaggio, 6592 St. Laurent, is a shop hanging with Italian cheeses, owned by a flirtatious Calabrian named Johnny Ancona. This is the place to buy super-fresh goat's milk ricotta, and Parmesan or Romano cheese grated on the spot. ($2.00/lb for ordinary Parmesan and Romano, $3.69 for extra-old Parmesan.)

Ancona also carries other Italian cheeses such as rigatino, incanestrato, asiago, mozzarella and monpisio – along with other European types. His favorite cheese snack: fresh goat cheese, apples, grapes, and dry red wine – in front of the TV set.

The Dutch Mill, 5216 Cote des Neiges, specializes in Gouda, Gouda and more Gouda. There's mild, medium, old, extra old, mild spiced, old spiced, clove Gouda and cream Gouda. Prices range from $1.10/lb for the mild Gouda to $1.45 for the cream Gouda. Henny Van der Donk and her son Jack, who own the store, also sell Edam and Dutch farmer's cheese. Henny's cheese suggestion: an open-face Gouda sandwich, topped with bacon or ham and broiled.

La Fromagerie, Atwater and Jean Talon Markets. There's an old-fashioned market feeling about these shops, and prices for cheese are the lowest in town. Strong Canadian cheddar sells for $1.30/lb., and a very good Norwegian blue sells for $1.40. Accompanied by juicy Lobo apples you can buy nearby – who needs pie?

To Your Good Health



Anyone for wheat germ pancakes? A yogurt popsicle? Or rose-hip tea? Don't laugh – good health is In.

To people who have been converted for years, thinking healthy is not just a fad but an established way of life. Natural food buffs say they look better, feel better, work better and sleep better since they started to pay attention to their food habits. They say that healthy eating even improves sex.

A "natural" cook is one who's read Adelle Davis and tossed white sugar, flour and rice out of the cupboard, and replaced them with wheat germ, soy flour, brewer's yeast and unpolished rice. He or she steams vegetables rather than boiling them, and may even grow squash or tomatoes, or cultivate herbs in a window box. The most addicted natural food freaks of all can be found on farms in the country, grinding their own flour, baking their own bread, and growing their own everything.

Well-read health food lovers avoid dangerous extremes, however. They know that the Zen or macrobiotic diet – balancing the yins and the yangs – isn't balanced enough nutritionally. As for vegetarian diets? It's possible to get all of the protein you need on a vegetarian diet (Read **Diet for a Small Planet** by Frances Moore Lappé) but it's difficult without adding dairy products. It also helps if you have an electronic calculator to figure out how much beans to put with one cup of rice to obtain complete protein.

Six or seven years ago, there were hardly any health food stores in Montreal. Over the past five years, they've positively mushroomed, thanks to the "Back to the Earth" movement and an awakened interest in ecology. According to those deeply into it, the shops fall into two categories: the health food store, and the natural food store. About the only thing nearly all of them

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have in common is a good selection of books on health and nutrition, stone-ground organic breads from Paramount Farms in Sutton, and Yves Rocher natural cosmetics imported from France.

Vogel's at 1186 St. Denis is one of the oldest health food stores in Montreal. Until just a few years ago, anyone who wanted wheat germ, kelp, or herbal teas, had to make a pilgrimage down to St. Denis. Now Vogel's has expanded and has branches all over the city: 4191 Ste Catherine (at Greene), 4960 Queen Mary, and the Cote St. Luc Shopping Centre. They have their own brands of many things, including shampoos, plus jams, honeys, electric juice-makers, yogurt-making machines and Bio-Snacky bean-sprout growers.

Sandra's Health Foods at 2055 Bishop (formerly the Cuckoo), is the chic-est health food store in town, with a cosy, wicker-and-wood-boutique atmosphere, and a very good stock – including organic cheese, yogurt, and eggs from organically-fed chickens. In addition to Yves Rocher. they also carry Beauty Without Cruelty cosmetics.

Awatto House, 39 Westminster in Montreal West, draws customers from the entire West End and the Lakeshore suburbs as well. Owned by Hungarian-born F.A. Homannay, Ph.D. and his wife, Nina, the cozy shop is filled with flourishing plants, and in spring, fall and winter, a cheerful log fire burns in the fireplace. Awatto House has an excellent selection of books – every aspect of diet, fitness, beauty, gourmet cooking and organic gardening – and the Homannay's loyal customers maintain that their prices for staples such as whole wheat flour, skim milk powder and wheat germ are the lowest in town.

Natur is a health food manufacturer with outlets in drug-stores, delicatessens, supermarkets, even Miracle Mart – and a downtown branch at 1817A Ste Catherine West. Their own brands of flours, noodles, juices, herbal teas for just about every condition, jams, honey, you name it – with absolutely no chemicals added – are manufactured right here in Montreal.

Le Nid des Pti-Zoizo, 1596 St. Lawrence, has a real atmosphere of "Back to Earth": no shelves, nothing in packages, just sacks and bins of flour and nuts and dried fruit, organically grown vegetables, and things like yogurt and cheese in refrigerated cases. The "Pti-Zoizos" are a cooperative who follow the teachings of the late Sri Aurobindo, whose ashram in Pondicherry is the largest yoga commune in India. The shop is not primarily a commercial outlet, but actually part of their lifestyle.

Natural Food Cooperative, 4800 St. Dominique, is a "natural food" store in the fullest sense of the word. For $5 annually, plus a share of the work, you can purchase a membership which entitles you to buy at cost, with a 10% or 25% markup to cover expenses. The cooperative started about 5 years ago, and after many growing pains has settled into its present location, where it stocks everything from raw milk to grown-on-the-spot organic tomatoes.

The Health Mission at 1138 Bernard, near the Outremont Theatre, is a health food store/tea room (although the tea room, to be honest, is not much more than a table in the corner of the shop). Nevertheless the Mission, run by a former New Yorker named Steven and a "community project" of volunteer workers, emanates healthiness There are about 20 different kinds of stone-ground breads, organic eggs that come from Sutton at $1.05 a dozen, organically-grown vegetables – leeks, tomatoes, etc. – during the summer months, low prices on bulk items such

as wheat germ, grains and honey. In the summer they make their own organic ice cream – carob, mint, vanilla and strawberry – which they sell at 60¢ a cup. Next project: a cooperative bakery for whole grain baked goods.

Worth mentioning, too, are **Naturex**, 1125 Mount Royal East, a health food supermarket with organic vegetables in plastic bags, and frozen organic meat (mostly beef and lamb), available all year round; the **General Nutrition Centre** at 2020 University, restaurant level, new and well-stocked, with a good selection of beauty products and vitamin pills, particularly Vitamin E; **Fervina** downstairs at 2140 Mountain, a European-style health shop with organic baked goods from Le Vieux Moulin in Stanbridge; and **Miriam's Herbs and Health Foods** at 3677 St. Lawrence, a tiny hole-in-the-wall with flours, herbs, cheeses, European beauty products, and loofah sponges hanging from the ceiling.

In the West End there's **Tudor Natural Foods** at 5175 Sherbrooke West, a small shop with all the necessities, including wine-making equipment. **Sesame** at 5518 Sherbrooke West, sells organic fruits and vegetables (in season), eggs, cheese and the famous Elat yogurt (lots of people think it's the best). **Westmount Health Food Centre** at 361 Victoria, has one of the best stocks of herbs in town.

There's also **Pural** at 7494 St. Hubert, a charming, old-fashioned store with an incredible stock that includes macrobiotic foods and organic seeds for planting (they have their own farm). The **Natural Health Food Centre** at 1000 Jean Talon West is good for packaged health foods and beauty products. And **Pura** at 908 Decarie is crammed with everything from Paramount Farm breads to yogurt incubators, deluxe juicers, and banana-flavoured health toothpastes.

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chapter seven

Eating Well on a Budget

Restaurants: Rock-Bottom to Splurge

There are thousands of restaurants in Montreal, of nearly every ethnic type and price range. Ten years ago, there were places where you could find a three-course lunch for $1.24. Even today, despite inflation, if you look carefully you can find a few places where you can order a three-course meal for $1.49. (For example, see *Brasseries.*) $1.49 is the magic number in Montreal dining: restaurant tax of 8% is applied on meals costing $1.50 or more.

Many of Montreal's smaller restaurants have $1.49 specials. We're not saying that the special will be a gourmet feast – it probably won't – but it will fill you up, and sometimes that's what counts.

Although it's hard to say how much you'll pay in a given restaurant (it depends, of course, on what you order), we have divided up our recommendations into four categories: **Rock-Bottom**, **Inexpensive**, **Moderate** and **Splurge**. At Rock-Bottom restaurants you should pay less than $2 per person for a meal, less for snacks. Inexpensive restaurants will cost $2-4 per meal, less for snacks and sandwiches. Moderate restaurants will cost around $5 for a complete meal – wine and drinks extra. And at splurge places, expect to pay a minimum of $10 per person, wine and drinks extra. (Some of the restaurants in the Splurge category cost more than this.)

Nearly all restaurants will have a menu posted outside the door so you can check prices. If you're watching your pennies, figure out what you're going to order before you go in – calculating tax and a tip of 12% – about 20% extra.

If you're budgeting carefully, watch out for alcoholic beverages: they can double the price of an otherwise inexpensive meal. At one particularly quaint restaurant (*not* on our list of recommendations), friends ordered the "house wine" and were brought a bottle which they enjoyed to the dregs. When the bill arrived, they learned, horrified, that the simple little "house wine" was one of the more expensive wines in the restaurant's cellar at $10 a bottle. Moral: if money counts, order a carafon of *vin maison,* or make sure you know what you're paying. (And, of

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course, Spanish or Portuguese wines are far cheaper than French wines.)

A good way to try out an expensive restaurant – painlessly – is to go there for lunch. Most splurge places have a *Table d'Hôte* lunch, offering soup, juice or hors d'oeuvres to start, main course, dessert and coffee for $3 or less – and of course, the lunch menu will be posted outside. If you like the meal and atmosphere, go back for dinner some time.

We don't pretend that the following list is a complete guide to Montreal's good restaurants. But in our experience, these places consistently offer good value for the money charged.

ROCK-BOTTOM

Donut King, 6750 St. James West, (Upper Lachine Road), has a hearty $1.49 breakfast: ham, sausage or bacon, 2 eggs any style, coffee, toast and frozen orange juice.

Woolworth's Lunch Counter, 883 St. Catherine West, 1493 St. Catherine West, 373 St. James West and other locations. Also **Kresge's Lunch Counter**, 751 St.Catherine West (basement) for cheap soups, snacks and sandwiches.

Murray's, Laurentian Hotel (Peel and Dorchester), 1504 St. Catherine West, and six other locations in Montreal. An Anglophone stand-by with its British-nanny-style menu and good bakery products. Counter and table service for breakfast, lunch and dinner. Licensed.

Rose Marie, 2054 Stanley. Continental style meals and sandwiches, Hungarian crêpes, sausages, roast pork. No liquor.

Muz Muz, 1191 Mackay. Austrian and German light meals – open 24 hours a day.

Sur Le Pouce, 1622 St. Catherine West, and Concourse, Central Station. Swiss pizzas, quiches lorraines, and pastries to eat or take out.

Stash's Bazaar, 461 St. Sulpice – good stews and sandwiches.

Caribbean Cook House, 1175 Crescent. West Indian and soul food, including curried chicken and goat.

2020 University, downstairs. Eight or more snack bars – everything from burgers to Chinese and Italian food. **Cavendish Mall** has a similar snack bar.

INEXPENSIVE

Annex, 1445 Bishop. Continental dishes, sandwiches, 15 different kinds of coffee.

Limelight, 1451 Pierce (west of Guy). Coffeehouse tearoom with about 6 different kinds of coffee, eight of tea, homemade meals and sandwiches.

A La Crêpe Bretonne, 2080 Mountain, 808 St. Catherine East, and branches. Unique, paper-thin Breton pancakes filled with 80 or more kinds of stuffings. In the same restaurant is **Chez Grand'mère**, upstairs, with 40 kinds of omelettes, prepared in front of your eyes.

The Happy Wanderer, 1923 St. Catherine West, has German, Swiss and Austrian cooking, at low prices.

MODERATE

L'Escargot, off the Carrefours, Place Ville Marie. Like a turn-of-the-century Paris bistro: menu includes more than a dozen kinds of snails, and other French food.

Club des Moustaches, 2070 Mountain (back of the Bistro). French cooking and couscous; bills are added up on the tablecloth.

There are three good steak houses in the downtown area – all of which offer specials to children, ladies or bald-headed men from time to time. **Joe's Steak House**, 1459 Metcalfe, is a long-time Montreal favorite – although some people prefer **Curly Joe's**, 1453 Metcalfe and 1221 University. A relative newcomer is **Barnsider Sirloin Pit**, 2250 Guy, with its salad sideboard – popular with birthdaying children.

SPLURGES

Le Festin du Gouverneur, at the Old Fort at St. Helen's Island is a frankly touristy revel with lots of people in costumes, singing and jesters. From November to the end of April, there are two sittings nightly, Thursday, Friday and Saturday. In the summer season, feasts are held Tuesday through Sunday. Price of $14.95 per person includes dinner, wine, entertainment, tax and service. (No tip necessary.) Our recommandation: go with a group of at least eight people, and try to take in the 9:45 feast. Tickets available through T.R.S. or in the Laurentian Hotel.

Les Halles, 1450 Crescent. Divine Parisian food.

Le Mas des Oliviers, 1216 Bishop. Food in the style of the south of France. Pleasant atmosphere and waiters, but overiy air-conditioned on occasions.

Le Vert Galant, 1425 Crescent. Parisian and super with good lunchtime specials.

Le Chasseur, in the Berkeley Hotel. Delightful Austrian food in the style of the Emperor's hunting lodge. There's a cozy fire on winter evenings.

Le Vieux Amsterdam, 475 Michel Jasmin, Dorval, offers a 22-dish rijsttafel in the Indonesian style, $18 for two. Special after-dinner drink is Bols golden liqueur – with flecks of real gold, $1.75.

Downtown are two Japanese restaurants, both serving *teppan-yaki* food – chicken, steak, lobster, chopped up by a genius with a cleaver, and cooked at a grill set right into the table. **Kyoto**, 2055 Mansfield, serves only teppan-yaki foods, and **Katsura**, 2170 Mountain, has a full range of Japanese foods, including four-course meals at $9.50 and $10.95.

The Ritz-Carlton dining room is soothing and elegant with impeccable service.

ETHNIC FOODS

The smart budget gourmet will investigate Montreal's restaurants in the ethnic community – most of whom cater to other ethnics. There are lots of restaurants in this category, ranging in price from rock-bottom to moderate.

Chinese. Tean Hong, 1025 Clark (upstairs) has mainly Chinese patrons, and an intriguing variety of foods. . . like *escargots*, Chinese-style. Next door at 1023 Clark is the **Sun Sun**, with a fascinatingly mis-spelled menu that goes on and on. The **Peking Garden**, 103 St. Catherine East is the only Montreal restaurant, to our knowledge, that serves Peking-style food. If you can organize a party of eight or more people, you can phone a day ahead and book a *feast* for only $5 per person – two kinds of soup, special Golden Peking Duck, five other dishes and dessert. Liquor license. And an oasis in the West End is the **South Seas**, 6690 St. James West, (Upper Lachine Road), owned by the former chef at the Sun Sun, and serving 186 dishes, including delectable "garland shrimps" – jumbo prawns, stuffed with oysters and bacon.

Lots of **Hungarian** restaurants in town – most of them in the

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rock-bottom to inexpensive range. **Pam-Pam,** 1425 Stanley, has inexpensive Continental-style foods, good strudel, and 16 kinds of coffee. **Carmen,** 2063 Stanley has all sorts of Hungarian specialties, and 17 kinds of coffee. **Coffee Mill,** 2046 Mountain, is popular with both students and businessmen and has 12 kinds of coffee and a delightful motherly blonde waitress. There's also the **Piroska,** upstairs at 3463 St. Lawrence, a friendly family place with gypsy violins where everybody eats, drinks and dances.

Park avenue, from St. Catherine all the way up to Jean Talon, is lined with **Greek** restaurants – most of which fit into the inexpensive category. Two of our favorites: the **Merakles,** 5396a Park, for *souvlaki* (shish kebab), and **Tzaki,** 5872 Park.

For **Indian** food, try the **Pique-Assiette,** corner of St. Catherine and Fort, an inexpensive little place serving snacks and light meals, and specializing in Tandoori Chicken. **La Tolena,** 1468 Crescent, serves good Indian food despite its Spanish-sounding name.

For reasonably priced Japanese food, try the **Osaka,** 2137 Bleury; and for a Vietnamese feast, there's the **Saigon,** 3525 Lacombe. And you'll get Swiss-style fondues and *raclettes* at **Le Mazot,** 1670 St. Denis.

Dante's Pizzeria, otherwise known as **Trattoria dai Baffoni** 6828 St. Lawrence, is the kind of small, friendly neighbourhood restaurant with good cheap food that you keep hoping to find in Italy, and never do. However, it's moving to posh new premises at 111 Dante (just across the street) and let's hope it keeps the same ambience and low prices. Licensed and open till 4 a.m. Also open late is **Da Giuseppe,** 1426 Notre Dame West. **La Rustica,** 1175 Union, has good, moderately priced food, and **Chez Vito,** 5412 Cote des Neiges, is famous for its pizza.

HEALTH FOOD RESTAURANTS

The most amusing of Montreal's health food restaurants is **Cira's Cukoo Nest,** 5108 Sherbrooke West, whose Cuban-born owner is a terrible speller but an excellent cook, serving health foods with a Cuban accent, and tropical-flavoured tiger's milk made with bananas and beets. Closed Sundays and Mondays. **O Pti-Zoizo,** 21 Ontario West, offers a full-course vegetarian meal for $1.25. There is also the **Mandira,** 2055 Bishop, with vegetarian soups, salads, fruit salads and curries. Across the street at 2130 Bishop is the **Second Nature** (second floor), with a full-course vegetarian meal for $1.24 – and it's *kosher.* Further east are **The Moveable Feast,** 162 Prince Arthur East, the **Bateau Soleil,** 2004 Hôtel de Ville, and **La Bonne Table,** 1145 de Bullion.

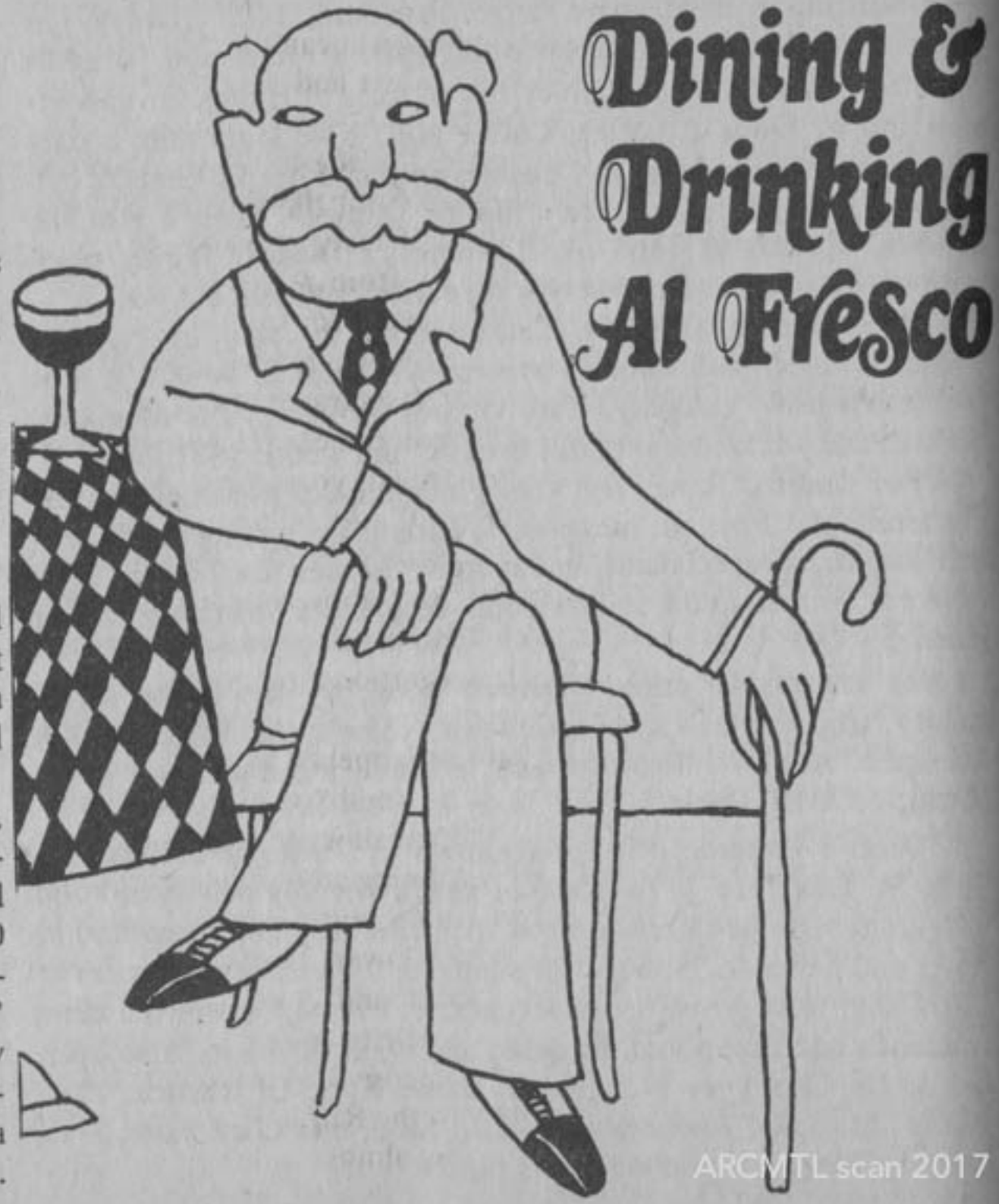
THE GOOD LITTLE FRENCH RESTAURANT

In Montreal, there are still a number of good little Parisian-style restaurants where you can eat without bankrupting yourself. In Old Montreal, try **Le Petit Havre,** 443 St. Vincent (super value for money), and **Au Pierrot Gourmet,** 421 Notre Dame East (upstairs), where the food more than makes up for the dingy decor. At 1263 Labelle, just off St. Catherine, three blocks east of St. Denis, is **Chez Pierre,** another Montreal favorite. Also good are **Le Paris,** 1812 St. Catherine West, and **Le Caveau,** 2063 Victoria, near McGill.

PUBS

There's good food to be had in Montreal's many pubs. Try, for example, the **Sir Winston Churchill,** the **Hunter's Horn,** the **John Bull,** the **Cock'n'Bull, Fridays,** the **Irish Lancer,** and the **Maidenhead.**

Dining & Drinking Al Fresco



JUNK FOOD

There are times when the system cries out for junk food – greasy fried chicken, hamburgers, pizza, and the like. Our suggestions in this category are the **Bar-B-Barn,** 1201 Guy, or the **Fyfe and Drum,** 1450 De Maisonneuve West, both of whom make evilly good barbecued spareribs. For hamburgers, try **Mister Steer,** 486 and 1196 St. Catherine West; **St. James Pub,** 380 St. James West, 1197 University, and 2025 Drummond; or – to take out – **L. DiLallo Original Hamburger,** 6801 Monk, 5101 Bannantyne, or 6107 Sherbrooke West. **Chateau Bar-B-Q,** 5151 Sherbrooke West, has good sit-in junk food – although it didn't fare all that well in our take-out chicken test. (See *Chicken*.)

THE MONTREAL SMOKED MEAT SANDWICH

The Smoked Meat Sandwich is unique to Montreal. For a start, smoked meat is different from both corned beef and pastrami. Second, a smoked meat sandwich must be so thick that the top slice of bread falls off. . . a meal in itself, especially if you add a few French fries and some cole slaw and maybe a dill pickle.

So, if you're a tourist, don't leave town without eating one. **Schwartz's,** otherwise known as the **Montreal Hebrew Delicatessen,** 3895 St. Lawrence, started smoked meat in Montreal, and still make their own. **Nick's,** 1377 Greene, serves about 90 to 100 kinds of super sandwiches, including hot smoked meat sandwiches made with their own "double corn" or "double black" bread. The **Snowdon Delicatessen,** 5265 Decarie, serves incredibly generous sandwiches and good home made soups. In the downtown area are **Ben's,** 990 de Maisonneuve West, open 22 hours a day; **Dunn's,** 894 St. Catherine West; and **Dankoff's,** 1446 Peel.

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"Al fresco" is an Italian expression meaning, "in the fresh air" – and if anybody knows how to eat and drink in the fresh air, it's the Italians.

Imagine: a vine-covered courtyard in the heart of Rome, the moon above, the hum of Roman traffic over the walls, the waiters singing as they pour glass after glass of lusty red wine and bring plates of antipasto, while lanterns sway from adjacent trees . . .

In the al fresco department, Montreal isn't quite Rome, but nevertheless there are dozens of places where you can drink al fresco. However, most aren't really restaurants: they're terrace areas tacked onto restaurants where you can eat, at most, a snack. In most cases, if you want a proper meal, you have to go inside.

DINING AL FRESCO

The outstanding exception to the above statement is **The Ritz Garden**, in the Ritz-Carlton Hotel, Sherbrooke at Drummond – the place where Mick Jagger put on a tie in order to dine with the ducks.

A Montreal institution since it was opened in 1912, the Ritz Garden is open from mid-May to mid-September, weather permitting. The garden has a little waterfall with a duck pond and live ducklings splashing around. The dining area is a patio covered with a striped yellow-and-white awning, with yellow and white chairs, yellow tablecloths, and fresh flowers everywhere. Lunch for two – soup, main course, dessert and coffee – can easily come to $25, and that's without a bottle of wine. In the evening, it's even more romantic and more expensive. But then, as Ernest Hemingway once said, only the Ritz is the Ritz.

Paesano, 5192 Cote des Neiges, is almost as good as the Via Veneto since the owners added a terrace in December, 1972. You can dine from an extensive Italian menu as well as drink as the traffic roars by and local exotics parade past. We're surprised that so far Paesano's is Montreal's only Italian restaurant to go al fresco – aren't the Italians homesick for outdoor *trattorias?*

At **Desjardins**, 1175 Mackay, you can have their famous seafood at outdoor tables under orange umbrellas. Another notable place where you can dine well outdoors is **Brasserie Le Gobelet**, 8405 St. Lawrence, with its own rooftop terrace. (See Brasseries.)

In the Place Ville Marie complex, there's **La Popina** on the plaza, which serves sandwiches, salads, something called a Popinaburger, and even ice cream, under red-green-and white umbrellas. **L'Escargot**, off the Carrefours, has an outdoor area where you can have drinks, sandwiches or salads in the fresh air. Even **Hotel Bonaventure** has added an outdoor eating place to **La Bourgade** – offering a Weight Watchers menu in addition to its regular one.

BREAD AND WINE

The Bistro, 2070 Mountain Street, was one of the first places in Montreal to put tables and chairs outside. All four are always taken, and you can have a *pâté* or *jambon-fromage* on a crusty French roll and a carafon of wine. Nearby is another terrace-restaurant called **Chez Tavan**. (The Bistro's proper name, which nobody ever calls it, is Chez LouLou Les Bacchantes.)

Just off Queen Mary Road, near the Université de Montréal, and visible from Cote des Neiges, is **Au Bouvillon**, 5454 Gatineau. It's always full of students from U of M and has one of the city's

most pleasant outdoor terraces – but no meals served outside, just snacks and drinks.

On Crescent, there's also **Thursday's** and **The Rally Club**, which serve outdoor drinks and snacks in summer. (Many of the other Crescent street watering holes had outdoor tables a couple of years ago, but they don't any more. According to a city bylaw, owners can't serve liquor unless the terrace is directly connected to the dining room.)

THE YEAR 'ROUND TERRACE

About five years ago, **Chez Bourgetel** at the corner of Mountain and de Maisonneuve became the first Montreal establishment to add a year-round sidewalk café (i.e., full-length glass windows that slide open in the summertime) – and suddenly the whole Mountain-Crescent-Bishop area began to feel continental twelve months of the year.

Casa Pedro, at Crescent and de Maisonneuve, a glamorous all-year terrace specializing in Spanish food, has a lunchtime special of all the paella you can eat while watching Crescent Street go by, for $3.95, and sangria at $4.50 and $8.50 a jug.

The Annex, 1445 Bishop, used to be a real open-air bar, but recently covered over the terrace and added sliding glass doors to provide a year-round sidewalk café for its patrons. Notable here: gorgeous Irish and Spanish coffees – and beer sold only in big bottles. Sandwiches only.

The **Berkeley Hotel**, 1188 Sherbrooke West, at one time operated Montreal's only real sidewalk restaurant, which was called the **Champs-Elysées**. Now, the former wide-open terrace has become a plush, glassed-in patio with coloured tablecloths and a relatively expensive menu.

Du Pont and Smith on Peel, just opposite the Sheraton-Mount Royal Hotel, has a few outdoor tables, and a semi-open atmosphere inside for serious eaters. And the **Constellation Hotel** (formerly the Sonesta) on Sherbrooke at Peel, has an enclosed terrace similar to the Berkeley's.

OLD MONTREAL

On a hot summer night, the place to be is Place Jacques Cartier in Old Montreal. On one side, there's the **Hotel Nelson** with its awninged terrace. On the other side, there's the **Hotel Iroquois, Le Nautique** and **Le Fripon**, which offer Parisian-style snacks and drinks at Parisian-style prices.

Le St. Vincent, a block away, at the corner of St. Vincent and St. Amable streets, is a semi-open reconverted garage which serves very good food. There's live entertainment, and on a Saturday night be prepared to fight your way in.

Also in Old Montreal is **Gibby's** at Youville Stables, Place d'Youville, which has a few outdoor tables, but only for drinking.

A little north of Old Montreal is the Quebec version of the Boul' St. Michel – St. Denis street, just above de Maisonneuve, where, within a couple of blocks you'll find a number of sidewalk cafés, including **Le St. Malo, Le Picasso**, and **La Picholette**. On Ste. Catherine, just east of St. Denis, is the **Café St. Jacques** a semi-open café featuring live entertainment most evenings – and celebrating its 50th anniversary in 1974.

So pick your terrace, and al fresco all you can during Montreal's glorious all-too-short summer.

But oh, for a singing waiter.

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Bienvenue aux Dames

Ten years ago, most of Montreal's working women suffered from tavern envy.

Every noon, the men in the office used to lurch down to a nearby tavern and come back bragging about the great cheap meals they had consumed – not to mention the cheap draught beer. (In those days, you could have a spaghetti dinner with rolls and soup for 50¢, they said, and draught beer was 10¢ a glass.)

Alas, taverns were off-limits to women – supposedly for their own protection. Back in 1837, a Quebec law was passed forbidding women from entering places where draught beer was sold. Several decades later, women got the vote, but not the stein.

This discriminatory law wasn't changed until 1969, when a group of Women's Lib militants organized a drink-in in Montreal's most famous tavern – and Quebec's government listened to their pleas. After a great deal of fussing and complaining by both the male customers and the tavernkeepers, four "Brasseries" opened in the province on the historic date of December 9, 1971. (The only real difference between a brasserie and a tavern is that the former is equipped with a ladies' washroom.)

Now it seems that the men had nothing to fear. They can drink and swear in the brasseries as much as they ever did. Most brasserie owners are making twice as much money now that women are allowed. And women can now enjoy some of the cheapest (though starchiest) meals in town, along with a glass of suds.

Le Gobelet, 8406 St. Lawrence, was the battleground on which women fought for equal drinking rights. The original interior, built from an 1897 barn, and filled with priceless Quebec heirlooms, was destroyed by fire in January, 1970. But owner

Bernard Janelle managed to obtain a 150-year-old barn which was demolished to make way for Mirabel Airport – and he scrounged more antiques from across the province. Like the phoenix, the new Brasserie Le Gobelet emerged from its own ashes (complete with new "powder room") and was one of the first four brasseries to open in the province.

Le Gobelet was worth the battle. The interior is delightful: walls lined with antiques, a huge working fireplace, and a cozy atmosphere despite its vast size. The food is authentically Quebec: buckwheat pancakes, *omelette Québécoise, tourtière maison,* all for the tax-free $1.49. Among other, more expensive specialties, are coquilles St. Jacques ($3.50) and the Brome Lake Duckling à l'orange ($5.95). In summer, you can lunch on the roof terrace. Kitchen is open from 8 a.m. to midnight. Like all brasseries, it's closed Sundays.

Brasserie Alsacienne, corner of Cavendish and Upper Lachine Road, is a favorite hangout of Loyola students and hungry West Enders. Owned by a woman, Mme Forest, this former tavern has welcomed dames for about a year, and it's what men were always talking about when they said that taverns were no place for nice girls like us.

Decor is dingy and atmosphere is smoky – in other words, perfect. The brasserie is rather like one of those ancient pubs in London's East End where you can get the best steak-and-kidney pie in the world. At the Brasserie Alsacienne, however, the special is pig's knuckles at $1.65. Their $1.49 meat loaf contains about 12 oz. of meat per serving, and their $1.49 roast beef platter (the Thursday special) is exceedingly generous. Kitchen is open from 8 a.m. to 8 p.m.

Brasserie des Fortifications, 262 St. Paul in Old Montreal, is new, spanking clean, with a pleasant, comfortable atmosphere. You have a cultural excuse to visit this brasserie: it's the only place in Montreal where you can still see the old stone wall built in 1716 by Claude de Ramezay, Governor of Montreal. The wall, 18 feet high and four feet thick at the base, once encircled the old city, but was totally demolished by 1817 – except for the remnant which is proudly displayed in this brasserie's basement.

The food is better-than-average tavern fare, and like Le Gobelet, management has tried to feature Quebec dishes. We tried the French Onion Soup ($1.25) and Pâté de Foie Maison (.95) along with the $1.49 tourtière and chicken in cider Belle Madeline, $2.75. Portions are generous, and baked potatoes a pleasant switch from the French fries or mashed potatoes usual in taverns. Kitchen is open from 8 a.m. to 8 p.m. in winter, and open until 11 p.m. in summer.

Brasserie Ste. Catherine, also known as the Red Barrel Restaurant, downstairs at 893 Ste. Catherine West, is the sort of place you'd never find alone – but if you did, you'd think it was a mistake. The entrance is unbelievably tacky, but the cavernous basement with its fishnet ceiling and imitation red-brick wallpaper is a friendly if crazy place.

This brasserie is a home away from home for McGill and Sir George students, as well as CN and Gazette staff – and owner Fred Fischer will let his customers sit all day with one glass of beer if that's all they want.

Fischer opened his doors on July 1, 1973, and his brasserie's popularity seems to have spread through word of mouth. Part of the reason is the cheap, generous European-peasant food served

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by chef Alfred Azzopardi. We tried the veal cutlet with spaghetti ($1.70) and the cabbage rolls ($1.40). The daily special usually includes free home-made soup.

The brasserie also features a pool table, and an artist works at his easel on the premises. Kitchen is open from 8 a.m. to midnight.

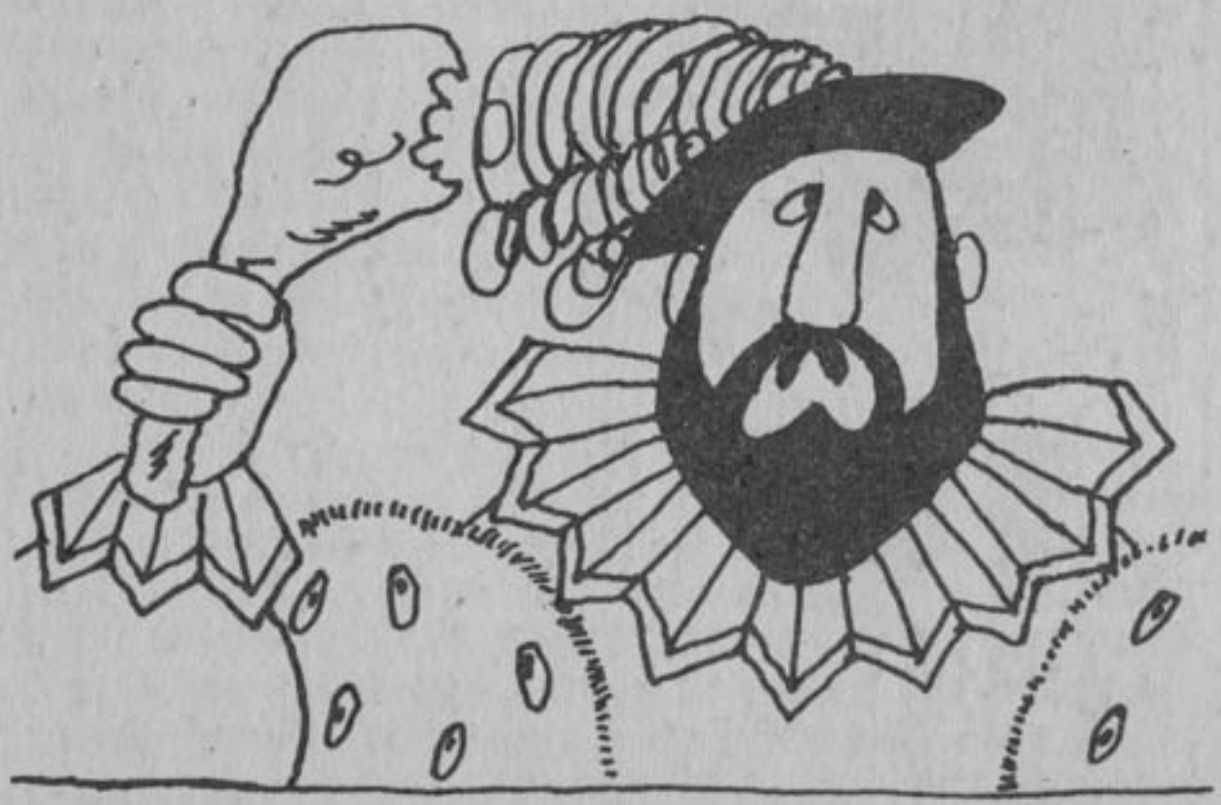
Le Manoir, corner of Hymus and St. John's Road on the West Island, is a large new restaurant built in classic manoir style. It's packed at lunchtime, but both beer and food waiters are particularly jocular and genuinely seem to be enjoying themselves as much as the customers. We ordered the roast beef sandwich at $1.15 and the tourtière at $1.35. The tourtière was okay but the sandwich consisted of a somewhat stale roll with roast beef that wasn't as rare as ordered.

Other Montreal brasseries include: **Brasserie du Foyer,** 102 Craig West, whose red-carpeted walls make you feel you're inside a large cushion. Food is adequate by tavern standards, and kitchen is open from 7 a.m. to 9:30 a.m., and from 11 a.m. to 11 p.m.

Brasserie Paul on Notre Dame East, opposite the new Palais de Justice, a favorite hangout for lawyers, has no proper kitchen – just a warming oven for packaged meat pies and sandwiches. **Brasserie "Au Petit Pain",** 1264 Stanley, advertises "delicious hot and cold open faced Dutch and French sandwiches" – but didn't live up to its ads the time we tried it. **Brasserie Les Trois As,** 2081 Aylmer, in the old Playboy Club, still features much of the Club decor, waitresses in itsy bitsy skirts and food that tastes factory-made. **Brasserie Tiffany,** corner of President Kennedy and Union, is a large, bright place popular with McGill students.

Brasseries are popping up all over Montreal. We can't guarantee that you'll get great food at all of them. But male or female, if you're eighteen or older, you'll be sure to get a warm welcome, cold draught beer, and a cheap, filling meal.

The Chicken Take-Out Taste Test



It was with great enthusiasm that the participants of Montreal Inside/Out's first annual Chicken Take-Out Taste Test accepted their invitations.

.There was only one criterion for the tasters: they had to be "groaners" . . . people who adore food and groan a lot when they're eating something really sumptuous. Ten of our favorite groaners were invited, and asked to nosh their way through food from eight of Montreal's more popular take-out chicken palaces.

We placed similar orders at each place: a half chicken, a quarter chicken, French fries and cole slaw. Chicken from four of these establishments was picked up; four were asked to deliver; and all eight orders were received within 30 minutes of each other.

We discovered that many places claim to have free delivery – but that prices can be up to 30¢ cheaper per portion if you pick up the chicken yourself. Only two of these establishments take Chargex – and these only if you pick up the orders on the premises. (If you're anything like us, sometimes you've run out of cash by Sunday night.)

Contents of each order were placed on a plate and reheated thoroughly in a warm (not hot) oven before serving. Guests were asked to sample each order and grade it before the next one was presented. The only identification was by number: each order was numbered so that tasters would not allow individual preferences to prejudice their palates.

Groaners were asked to rate each order for dryness, juiciness, crispness-sogginess, flavour of spices used, quality of French fries and barbecue sauce, and to add further comments.

The chicken-tasters began valiantly by demolishing most of the first three dishes presented. By number four, their appetites

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were flagging. One of the tasters had to drop out at number six, and even the two staunchest groaners were less than enthusiastic when we brought out entries seven and eight. (Nevertheless, number eight was voted best by several of the tasters.)

With the exception of one of the orders, all were juicy rather than dry. However, the tasters complained about greasiness – a category which we had neglected to put on the rating sheets. With only two exceptions, the French fries were soggy, greasy and dreadful. (A chicken palace that sends along a baked potato gets our vote of approval – and a baked potato also stays hot longer.) With three exceptions, the "roll" sent was a stale, untoasted, unbuttered hamburger bun: very unappetizing. As for the barbecue sauce – well, as one taster put it, "yucccch! "

Here they are, in the order in which we ate them – *not* by preference.

Colonel Sanders Kentucky Fried Chicken. No delivery orders: the chicken came from the outlet at 5850 Monkland. We ordered a "Dinner for One" $1.75* (three pieces of chicken, French fries, cole slaw, "French-Grecian" bread) and a "Snack Box" (two pieces of chicken and French fries), $1.10. Three of the tasters said the chicken was too dry: and nearly all felt that the Colonel's secret blend of spices was barely noticeable. The "Kentucky Gravy" – a grey, glutinous substance – was described variously as weak, watery, starchy and "blah! " The cole slaw accompanying the "Dinner for One" was a tiny paper carton containing about three tablespoonsful of finely chopped cabbage. One of the tasters complained that there was too much batter – and very small pieces of chicken. A "Thrift Box" ($3.40) – containing nine pieces of chicken and nothing else – might be a better buy.

Chateau Bar-B-Q, 5151 Sherbrooke West. The half-chicken costs $2.20 ($1.95 if you pick it up) and the quarter chicken (breast) $1.55 and $1.35. French fries, barbecue sauce, cole slaw or salad all cost extra. Testers rated this chicken as ordinary, and complained that the French fries were soggy and thick. Barbecue sauce was rated as thin, watery and too spicy, and two tasters complained that it seemed canned. Chateau also offers a "Kentucky fried chicken" dinner at $1.85 (containing three pieces of chicken and various side dishes) which was not tested. Accepts Chargex on pick-up orders. 482-2950

St. Urbain Bar-B-Q, 4460 Ste. Catherine West. The half-chicken at $2.75 and the quarter-chicken (leg) at $1.80, arrived with generous quantities of French fries and cole slaw (topped with dill pickles). Tasters rated this chicken as better than the first two but still not fantastic. The sauce was described as spicy enough but too sweet, and the cole slaw was bland. 937-2824

The Bar B Barn, 1201 Guy Street. If delivered, the half-chicken is $3.50 and the quarter-chicken is $2.25. Delivery is said to be free – but prices drop to $3.25 and $1.95 if you pick up your order. Eye-appeal is good: you get little twisted rolls; your choice of Spanish rice or apple sauce, and the barbecue sauce is a hearty red colour. However, tasters complained that the rolls were stale, the portions of Spanish rice and sauce too small, and the sauce not so good as it looked. French fries were rated variously as O.K. to ordinary to awful. Accepts Chargex if you pick up your order. 931-3811

The Chalet Bar-B-Q. 5456 Sherbrooke West. The half-chicken is $2.30, and the quarter-chicken (leg) is $1.30. French fries, sauce and cole slaw cost extra. Chicken was rated as quite adequate: juicy with a crisp skin. But barbecue sauce was weak and

watery and French fries "terrible." 489-7235

Cote St. Luc Barbecue, 5403 Cote St. Luc. Delivered, the half-chicken is $1.75; the quarter-chicken (leg) is $1.25. Prices drop by about 30¢ per portion if you pick it up. You get the ubiquitous hamburger buns; everything else costs extra. Chicken was rated as adequate although some tasters described it as too dry. Barbecue sauce was described as "thin", "ghastly", "soupy", and the peculiarly mottled French fries (possible twice-fried) were unanimously rated worst of all those tested. 488-4011

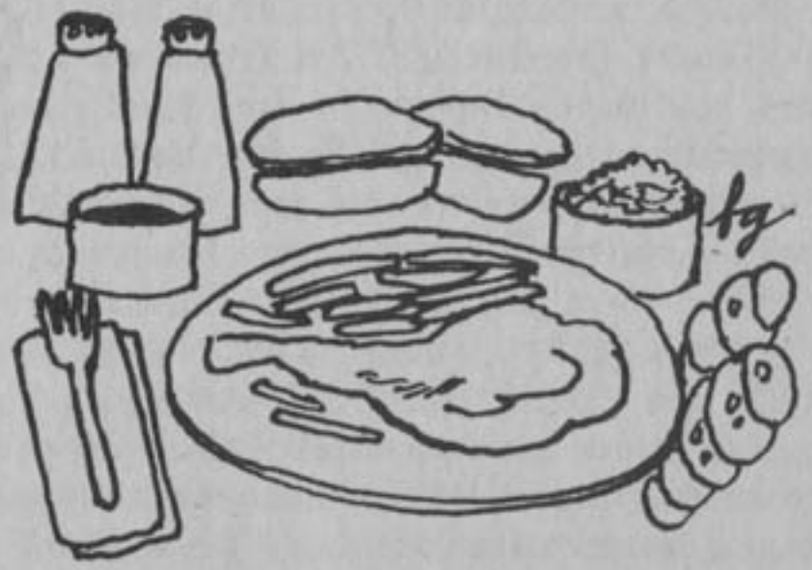
St. Hubert Bar-B-Q, St. Hubert's chicken arrived in a nifty cardboard box shaped like a barn, containing niceties such as paper plates, plastic forks, Wash'n'Dri towels, salt, pepper and good-sized paper napkins. Their half-chicken (with French fries, cole slaw, etc.) is $3.25 and their quarter-chicken (leg) is $2.20. Tasters were generally impressed with the flavour and appearance of the chicken. The French fries were the only ones tested that were crisp rather than soggy-greasy, but some of the tasters complained about their "dry, unpotato-y" taste. (We later learned that for 5¢ extra we could have ordered a baked potato instead.) Tasters agreed that the grilled hamburger buns were an improvement and that the cole slaw was fairly good. Barbecue sauce was "O.K.". 374-2150

Lucerne Bar-B-Q, 1631 Ste. Catherine West. As the last of those tested, Lucerne's chicken suffered from jaded palates and a long period in the oven. However, tasters felt that the chicken was extremely juicy and flavourful, and the barbecue sauce "pleasant enough." Lucerne's French fries were soggy (possibly because of a long wait in the oven) but some tasters felt that they had a better flavour than the others tested. 935-4513

The tasters agreed that in general Montreal's take-out chickens seemed adequate, although on the greasy side – but accompanying French fries, barbecue sauce, rolls and cole slaw ranged from mediocre to ghastly. (Best idea: order chicken without side dishes; throw some potatoes in the oven to bake, and serve with your own salad and store-bought barbecue sauce.

Since we ran the test, we've learned of three more places which – their fans claim – are simply super: **Laurier Bar-B-Q**, 381 Laurier West (273-3671); **Au Coq Bar-B-Q** (four locations in Montreal); and **Mama Bear**, which has take-out but no delivery (six locations in Greater Montreal).

**All prices listed subject to change.*



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chapter eight

Fitting In

It's Never Too Late

If you plan to live in Montreal, it's imperative that you learn to speak French. If you learn as an adult, you may never become perfectly bilingual, but you will learn to understand French, and be understood. Fortunately, Montreal is full of language schools – and prices range from expensive to very cheap.

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CEGEPS AND UNIVERSITIES

Sir George Williams University offers about ten different evening French courses each fall and winter at its downtown campus, each about two hours per week, and costing $99 for the entire term. Phone 879-5881.

Sir George's department of continuing education also holds regular French courses off-campus at both West Hill High School in N.D.G. and with the Chateauguay Regional School Board. Courses are 26 weeks long for two hours a night, twice a week, and no more than 25 students are permitted per class. Language labs are used and the course costs $143. Phone 879-2865.

In the past, Sir George Williams Business School, has offered elementary and intermediate courses in French. Cost is $65 for 11 weeks. Phone 879-2806.

Registration for all of the above courses is in September.

McGill's Continuing Education Department holds night classes for all levels at its downtown campus. The 11-week course costs $75 for two two-hour classes per week. A placement test, costing $5, is required if you're a first-timer in French here. Beginner classes are restricted in size to 18 students, all other classes to 25. Classes begin in September, January and May 392-4901.

Loyola College, 7141 Sherbrooke West, has both day and evening courses open to part-time students. All courses cost $100. and a placement test must be taken. Registration is in early September.

Intensive summer courses in French Conversation are given for five hours daily from early July to mid-August. Tuition is $200, and residence on campus is available for $150. There's also a less intensive summer evening course. 482-0320.

Thomas More Institute, 3421 Drummond, affiliated with the University of Montreal, offers some interesting advanced courses, most beginning in October. For example, there's Bilingual Theatre, in which you attend 18 plays, French and English, and discuss them afterwards in French. (Course costs $80 including theatre tickets.) 842-5076.

Marianapolis College, 3647 Peel, offers conversation courses – 15 weeks, three hours a week – for $65. Courses are held days and evenings in September-to-December, and January-to-May semesters, and evenings only in the summer months, and cost $75. The French department also runs a French club involving members in French theatre-going, dining out, and shopping trips. 288-6166.

PSBGM BARGAIN

The **Protestant School Board of Greater Montreal** offers a tremendous night school bargain in 16 high schools in Greater Montreal. 90 hours of basic, intermediate or advanced French – two three-hour classes per week for 15 weeks – only $12! Registration is held in September and January. Phone 849-3677.

WEEKEND IMMERSION

The **Bedford Regional School Board in Cowansville** offers total French immersion over four to six weekends spent at St. Helen's School in Durham, beginning in October, January and April. Classes are given, and only French radio, TV and printed matter are allowed. Only French is spoken from 7 p.m. Friday to 4:30 Sunday afternoon. Cost for four weekends, including classes, books, rooms and meals is $140; cost for six weekends $200. Phone 1-263-3775.

The **South Shore Protestant School Board** has lined up intriguing "weekend immersion" classes at Centennial Regional High in Greenfield Park. For six weeks, students attend classes in beginner, intermediate or advanced French, on Friday evenings (7 to 10 p.m.), Saturdays and Sundays (9 to 12 and 1 to 4). Total cost is only $24 and classes begin in September, January and April. The SSPSB also offers evening classes on week-nights, $6 for 6 weeks of three-hour classes. 676-7771.

THE "Y"

The **Downtown YMCA** offers seven-week courses, beginning every two months throughout the year. The three-hour classes are held twice a week, and audio-visual methods and language labs are used. Class size is limited to 15 students and cost is $67. Phone 849-5331, local 723.

The **YMCA** offers 11-week courses for beginners and intermediates starting in September, January, April and late June – and open to men as well as women. Classes are 1-3/4 hours long, once a week, and cost is $27. The YW also has a "French Club" for students who already speak some French. Members take in movies, theatres, restaurants and other activities and discuss them later. 866-9941, local 41 or 47.

PRIVATE SCHOOLS

Berlitz, 2055 Peel, the world's biggest language school, offers extensive – and expensive – courses in conversational French. For $331, you can have 20 private lessons at a time that suits you. $256 will get you semi-private lessons with six other people, twice a week for two hours. You'll also be given language tapes to take home and play whenever you have time.

The **Montreal Language School,** 680 St. Catherine West, offers four-week courses for day students, year 'round. Classes (6 to 10 students in each) are held from 10:30 to 1:30 every weekday. A fee of $110 covers tuition and books. 13-week evening courses, two 90-minute classes per week, cost $95. Private and semi-private courses are also available. 875-6440.

The **Gendron French School,** 5055 Decarie, is run by Mme. Annonciade Gendron, who has taught such people as Mrs. Victor Goldbloom, Warren Allmand, and a first cousin of Aristotle Onassis. In her apartment stuffed with objects d'art from all over the world (many sent by grateful ex-pupils) Mme. Gendron, a former McGill professor, teaches both individuals and small groups, insisting that each student learn to *think* in French, rather than English. $80 will get you 12 hours of private tuition from Mme. Gendron or one of her three associates, and $110 will get you 45 hours of group instruction.484-2290.

Galois, 1245 Sherbrooke West, offers 4-week intensive courses, or 13-week regular courses in French for $95. Or, if you prefer, private lessons at $8 for a 45-minute session. The Galois school has been in operation 8 years; much of its teaching is done outside the school, for large companies. M. Galois is French from France, Mme Galois is Spanish, and the school also gives Spanish lessons at the same prices, although you may have to wait a little longer for a group. Like most Montreal language schools, the school teaches "good" (i.e., Parisian) French, but M. Galois advises students at all levels to listen to as much French radio as they can, watch French TV, especially popular programs on Channel 10, and read La Presse daily to pick up the vernacular. 844-5060.

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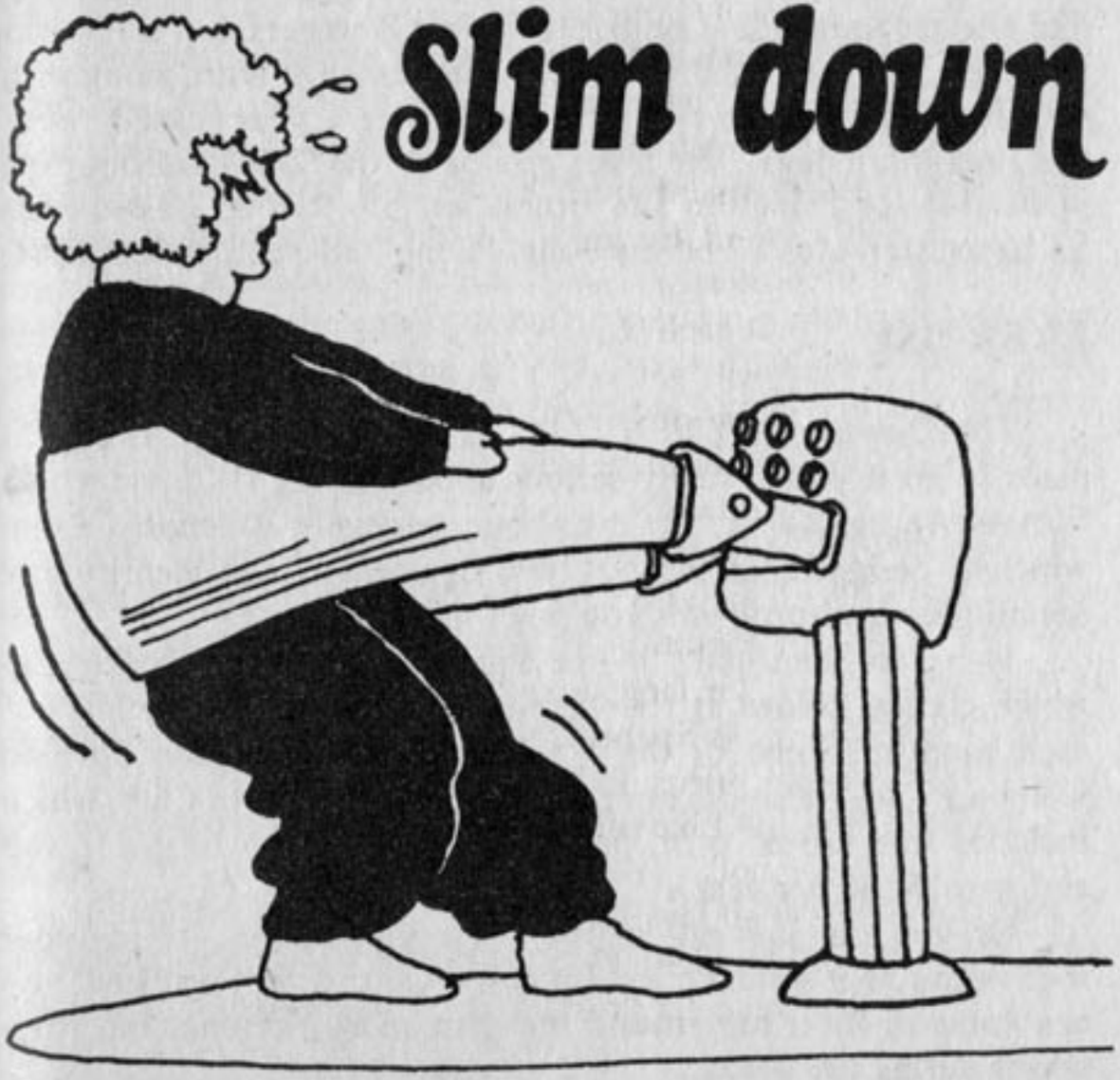
Shape Up... Slim down



Fat? Flabby? Or just a few pounds heavier than you'd like to be? If you're anything like us in the willpower department, you need all the help you can get. Fortunately, help is available.

DIET

If you're a yo-yo dieter (constantly losing or gaining weight) with at least ten pounds to lose, it wouldn't be a bad idea to sign up for a weight-loss class.

Weight Watchers is the world's biggest weight-loss organization, with branches all over the world and one million members in Canada. In Montreal, 260 classes are held every week, with 10,000 people attending – for a total weight loss of ten tons per week!

Weight Watchers works on the principle that "fatties" are different than "skinnies," and have to be educated to a whole new eating style. The diet is a scientifically balanced program you could live on for the rest of your life: emphasis is on fish, lean meats, green vegetables, but margarine, spaghetti and baked potatoes are allowed in modest amounts

Weight Watchers costs $5 to join and $2 per week until you've reached your goal. And your goal must be a realistic one: the organization is in business to create sleek, healthy people, not skinny emaciated models. After you reach your goal, you will be slowly introduced to a maintenance program in which every kind of food is allowed – in limited quantities.

It's a good idea for a Weight Watchers member to try out various classes until he or she finds an instructor who is really inspiring. And don't miss a session with witty Marilyn Reich, Quebec director of WW who packs in the crowds at the Davis YMHA, 5700 Kellert, Tuesdays at 8 p.m. All classes are coed,

except for the special men's class held Mondays at 8 p.m., 5165 Queen Mary Road.

Weight Watchers member or not – if you're tempted to cheat on your diet, call 342-0032 for Marilyn Reich's Slimline Message. For information about the Weight Watchers class nearest you, call 482-9800.

Gerti Flegg's Stop Weight classes are held at the YWCA and the Snowdon YM-YWHA. Flegg, a bouncy Austrian blonde in her fifties, began lecturing in diet and nutrition back in 1967, after having lost 45 pounds through her system of sensible dieting.

Flegg's diet is similar to the Weight Watchers one (a balanced program of lean meats and fish, vegetables, moderate amounts of fruit and low-calorie snacks) but she differs in three ways.

First, she lectures in nutrition and stresses the importance of knowing the calorie counts of the foods you eat. "Who'd ever guess that a tiny one-ounce cube of cheese contains 100 calories? " she says, "as much as a baked potato."

Second, unlike Weight Watchers, she believes that exercise is important, to help tighten up flab, improve circulation and general fitness and burn up calories. A woman joining Gerti Flegg's program at the YWCA can participate in as many Fitniks (exercise) sessions per week as she cares to.

Third, Flegg's classes are highly personal: she makes a point of knowing all of her pupils by name.

Cost is $35 for 12 1-1/2 hour sessions at the YWCA, including unlimited Fitniks classes. At the Snowdon YM-YWHA, it's $3 to register and $2 a meeting. For more information phone 731-7202.

"Fat people need understanding more than anything else," says Gerda Rosner, who conducts **Happy Losers** classes in both her own home and the Récréathèque in Laval. Mrs. Rosner, who says she had "a weight problem from Day 1," weighed 200 pounds until seven years ago, when she became a size 11 through Weight Watchers. For the past few years, she has held classes for small groups, offering personalized attention and a sympathetic ear to personal problems which so often trigger overweight. The diet she recommends is similar to Weight Watchers, but she works with her clients to establish a diet they can live with, along with educating them in proper nutrition. Twice a year (usually after the Jewish holidays), she takes groups to the Safety Harbour spa in Florida for reduction and fitness sessions. Group classes costs $3 to register, plus $2 per meeting. Phone 738-3126 or 739-9044.

EXERCISE

The Downtown YMCA, 1441 Drummond Street, is a great place to go if you're really serious about getting fit. Start with a Fitness Appraisal ($15), a two-hour medically supervised exam which is designed to find out how fit you are, and identify any specific needs or problems you might have.

Men can then enrol in the Progressive Fitness Program, in which classes, graded at four levels, begin on the first Monday of each month. (Some of the Y's fitness classes are also open to women.) The Y also operates a Businessmen's Health Club, which includes free use of gym, pool, steam baths, sun lamps, towels and soap, $165 per year.

Or you can join one of the Y's jogging clubs – to jog your motivation as it were. Or, if you don't want to get organized, you can come in for a run around the gym, most mornings and afternoons during the week.

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The **YWCA**, 1355 Dorchester Blvd. West, offers its hard-working Fitniks sessions weekdays for women, in "low, medium or high gear." It's all very reminiscent of a high school gym class, but you can feel the difference in only a few weeks. Come as many times a week as you like: $22 for 12 weeks; $27 for swimming pool privileges; or $70 for a year's season ticket of Fitniks and dip.

Silhouette, which has operated a chain of health studios in Montreal for fourteen years, offers one-year memberships for both men and women for $100. The studio in the Peel metro contains a large gym with various exercise machines, a large whirlpool bath, saunas and a small L-shaped swimming pool.

Tony Di Claudio, the muscular manager of the Peel branch, says bluntly that he can't promise miracles – that members must attend two or three times a week, work hard and diet if they want to see good results. A non-smoker himself, he also suggests that if a member is really serious about getting healthy he or she should quit smoking.

Vic Tanny's, with eight locations in Montreal, has the poshest health club facilities of all – along with the most confusing fee schedule, and a management which refuses to give any information to journalists. With a little snooping, I was able to learn that a 6-month membership costs $170; a year's membership $288; renewal fees $52 a year; and a permanent membership $660. However, the club has so many "deals" that you may pay less.

Facilities and program are rather like Silhouette's: exercise machines, whirlpool bath, swimming pool, sauna, and both individual attention and group classes.

CELLULITE

If you're a woman who has dieted and exercised and you still have lumpy fatty deposits on your hips and thighs, you probably have a cellulite problem.

Joyce's Body Shop, 2055 Mountain, specialises in getting rid of cellulite along with other flab. For about thirty years, under the name of The Health and Reducing Salon, this no-nonsense salon has been a haven for Westmount matrons who wanted to shed a few inches. Now, its new owner, Joyce Besso, is hoping to attract business women suffering from secretary spread.

Besso's main weapon is a trio of machines that look like medieval torture racks and pound the living daylights out of the victim. But her system really works, says one career woman who lost several inches there – and it works more quickly if you stick to Besso's diet, drink cherry-stem tea and do the exercises she tells you to do. $64 will get you 8 sessions, which includes a blissful massage each time.

Paulette Hiriart Institut de Beauté, 4932 Sherbrooke West, three floors of pink-carpeted Francophone luxury, treats cellulite with a series of treatments: air and water massage, whirlpool baths, and electric muscle-toning machines. You don't have to move a muscle – but you must stick to the Hiriart diet and drink four cups of cherry stem tea daily. A series of 10 treatments costs $100.

If you want to see fast results, and don't have a budget problem, you can try spending a week at **L'Esterel**, in the Laurentians, 50 miles from Montreal. Located on a lake, the hotel has supervised diet and fitness programs. Costs $330 and up for one week. Phone 866-8224 or write to L'Esterel, Quebec J0T 1E0.

Paths to Higher Consciousness

Looking for a way to cope with your tense, frantic, nerve-wracking everyday life – and become relaxed and serene? Why not join the hundreds of harried Montrealers who are finding tranquillity through Yoga?

Yoga is one of the paths to higher consciousness, relaxation,

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better health and well-being – someone once defined it as "the oldest known system for health and happiness" – but it is by no means the only one. Most of the other schools of meditation are offshoots of yoga, and yoga itself comprises several different schools. Hatha Yoga deals mainly with the physical and exercise aspects. Dhyana Yoga deals with meditation; Mantra Yoga, chanting; Bhakti Yoga, devotion; and Raja Yoga, the attaining of the absolute, or mind over body.

In Montreal, the most widely practiced are Hatha Yoga and various forms of meditation. If you haven't gone to a yoga class, but would like to take it up, how do you find the right guru? First, talk to friends who have gone to yoga classes. Second, drop in on the places, to pick up the "vibes." If you don't like the first one, keep trying. Some yoga instructors say you may have to try three or four places before you hit the one you really like.

And remember, at all these places, take your shoes off at the door!

YOGA

Yoga Health Guru, 2090 Sherbrooke at Fort, is run by Elizabeth Briscoe, a slim, petite woman who glows with the agelessness and serenity that people who do yoga invariably seem to possess. Many Montrealers consider her yoga to be the purest; as a result, she is swamped with prospective students, and there is a 3- to 4-month waiting list to get into her classes. The cost is $10 for 6 sessions of 2 hours each; there are about 7 people to a class, generally as many men as women. One woman who took the course swears it cured her of her insomnia.

The **Studio de Yoga Suzanne Piuze** at 10777 Millen (a stone's throw from Henri Bourassa Metro) is a bright, modern studio run by sparkly Mme Piuze, a former journalist, author of several books on yoga (in French), and a former student of Elizabeth Briscoe. Her classes are mixed, and given mostly in French, afternoons and evenings from Monday to Friday. Cost is $30 for 10 lessons of 1-1/4 hours each. Mme Piuze teaches herself on Wednesday evenings; several instructors do the teaching the rest of the time. The accent is on Yoga and Health. Each student's living habits are carefully scrutinized, and Mme Piuze personally designs a diet for each one of them. 384-1728.

Yoga Bliss at 1280 St. Mark, Suite 301, just below Ste. Catherine, is run by Shri Madan Bali, who made the headlines in 1973 when he taught Montreal Canadiens' hockey team before their Stanley Cup victory. (The yoga helped them relax.) Bali teaches "Classical" yoga, comprising asanas (postures), pranayama (breath control), and the arts of relaxation, concentration, and meditation. He also goes into diet and yoga philosophy. Beginners' classes are Mondays, Tuesdays and Wednesdays at 6 p.m. Cost is $40 for an 8-week course of 2 hours each, once a week. There are also regular follow-up sessions Thursdays at 6 p.m. at a cost of $10 a month. 932-7971.

Sivananda Yoga Centre at 5178 St. Lawrence Blvd. is a bright yellow-and-orange building you just can't miss. All the teachers are trained by world-famous Swami Vishnu-Devanada, and under Hatha Yoga they do breathing, relaxation, concentration, and meditation. There are classes every day of the week, with 2 beginners' classes nightly from Monday to Friday, intermediates every night but Wednesday, and advanced classes 3 days a week. Cost is $1.50 a class. Children's yoga classes are given Saturday mornings at 10 a.m. 279-3545.

These same people run the **Sivananda Yoga Camp** at Val

Morin, at present the only yoga camp in Canada. Yoga weeks and weekends are available all year-round. and in winter the camp offers Yoga Ski Holiday Weekends, from Friday to Sunday evening, $20 for singles and $35 for couples. Direct line from Montreal, 861-6002. They also have Yoga holiday retreats in Nassau.

The **Integral Yoga Institute** at 3551 Jeanne Mance is a small house filled with good vibes. Under the direction of Yogiraj Sri Swami Satchidanada, the Institute has been in Montreal for 2 years; other branches include San Francisco. Classes in Hatha are given Wednesdays and Fridays at 6 p.m., and Saturdays at 10:30 a.m. They also do breathing, meditation, chanting, and "Satsang", or discussions of various aspects of yoga. Classes are 1-1/2 hours, cost $1, and you're asked to fast 2 hours beforehand. 849-5181.

Shyam Universal Samadhi at 1666 Lincoln also has a branch in Vancouver. Lessons in Hatha Yoga are given by the disciples of Swami Shyam Bhakti, Mondays and Wednesdays at 6 p.m. for beginners, and 7:30 p.m. for advanced. Cost is $2 a session, and there is meditation after each class. Unstructured group meditations are Sunday nights at 8 p.m. 931-3102.

MEDITATION

The **International Transcendental Meditation Society** of the Maharishi Mahesh Yogi is at 3666 Lorne Crescent, but introductory lessons are given at McGill, Sir George, and various Y's – watch the papers. There are no physical or mental exercises in transcendental meditation; the technique is a very simple one of relaxation. Actual instruction time face-to-face with a teacher is only 2 hours, but the introductory lectures that precede it are all-important. Of all the courses, this is the most expensive – $75 for adults, $35 for students – but the fee includes as many follow-up sessions as you want, for as many years as you want. People who have taken the course report they now lead much more relaxed lives, and find a 20-minute period of meditation totally refreshes them.

There's also the **Zen Meditation Centre** of Montreal (also known as the Tson-Kha-Pa College of Buddhist Learning), who recently moved from a big old house at 3664 Mountain to a big old house at 481 Prince Arthur West. Zen is an off-shoot of yoga – but basically the institute is a school of Buddhist meditation. (A friend who lived next door to them on Mountain Street reports being awakened in the morning by the tinkling of bells before devotions.) The college has full-time live-in students as well as part-time students. 844-9429.

There are numerous other yoga courses in Montreal, among them the **YWCA** at 1355 Dorchester West, with 10 lessons, once weekly, for $25 (classes fill up very quickly), 866-9411; the **YMCA** at 1441 Drummond, and various branches, 849-5331; **YWHA** and **YMHA**, various branches, 737-6551; and **Vic Tanny**, Cote St. Luc branch only, where yoga is given Tuesday and Thursday nights and is included in the membership fee. 866-3992.

Falling into a religious category are the **International Society for Krishna Consciousness** at 3720 Park (also known as the Hare Krishna Temple); and **The Divine Light Mission** of the young Guru Maharaj Ji at 2190 Harvard in NDG.

There are also yoga courses in Montreal given only in French, including one for **Raja Yoga**, given by Dr. Claude Philippon at 2255 de la Concorde, Duvernay, in Laval. 669-3200.

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The Single Life

According to the last census, there are 2.7 million people in Greater Montreal. Of these, 611,000 over the age of fifteen have never been married, 119,000 are widowed and 18,590 are divorced. But as any single can tell you, Montreal can be a difficult place to meet a compatible member of the opposite sex – particularly if your student days are over.

It helps if you're the gregarious, extroverted type who sparkles in bars. Then you can go to watering holes such as the **Sir Winston Churchill, Casa Pedro**, the **Rainbow Bar and Grill, Thursday's, Friday's**, the **Orient Express**, or even, though they aren't quite so In these days, the **Bistro** (Chez Lou Lou les Bacchantes) and the **Carrefours.** (See *Discotheques* as well.) In the Sir Winston Churchill *alone,* we know several couples who met there and eventually made it to the altar... not to mention the dozens who began "meaningful relationships" by sitting elbow-to-elbow at its friendly bar.

There are **Singles Bashes** held from time to time on Friday nights, by Sheldon Kagan at the Queen Elizabeth Hotel, or Paul Jarema at the Windsor. For $10 a year, you can join **P.J.'s Action Singles** – entitling you to 20% to 30% discounts on bashes, wine and cheese parties, Hideaway Weekends (one was a ski trip to Sun Valley) concerts, cruises and other vacation packages. Phone 769-8154.

It helps if you're athletic. If you ski, you can join a ski shack with a dozen or so other people. (To join one, ask everybody you know, watch the classified ads in September and October, and check out notice boards in ski shops such as the Mountain Hut.) Go to the public tennis courts with a friend, or join a private tennis club. (See *Tennis.*) Playing memberships in tennis clubs such as the Mount Royal or Monkland are almost impossible to get – but if you have a friend who belongs, ask if he or she will sponsor you as a social member. You'll be able to attend all of the parties, use the swimming pool, and be on the waiting list if a playing membership comes up. And any branch of the YMCA offers coed classes – in everything from scuba diving to tennis and ski fitness.

It also helps if you belong to an ethnic group. English-speaking people can go to the **English-Speaking Union**, Germans to the **Goethe Institute,** Italians the **Italian Cultural Institute** (we know of a couple who met while taking Italian lessons here and

eventually married) Spaniards the **Club Espagnol**, and so on.

Some ethnic communities, including the Jewish, have **Matchmakers.** Sometimes these people are quite well-known in the community; others prefer to operate anonymously. Most matchmakers are women, but there are a few male Hello Dollys around. These matchmakers work on a fee basis and may be hired either by the individual, or by his or her relatives or friends. Many of them advertise in small boxes in local or ethnic newspapers. According to one of our sources, there are many Jewish couples in Montreal who have met in this way – and don't even know it!

But suppose you're single, divorced, separated, or widowed, don't fit into any ethnic group, turn into stone at singles bars and discothèques, and aren't particularly athletic. How do you go about meeting somebody else who may not be the party type, doesn't go to singles bars, and is similarly not very athletic?

Work for the political party of your choice. Best time, of course, is around elections, federal or provincial. As one politically active Montreal adman put it, "No political party is going to turn down volunteers." It's also a good way to meet people with interests similar to your own. Call main headquarters and ask for the address and president of your local riding. **Liberal Party of Canada**, 866-6391; **Liberal Party of Quebec**, 844-6392; **Progressive Conservatives**, 842-7871; **Parti Québecois**, 384-7110; **New Democratic Party**, 523-3588; **Union Nationale**, 842-8821; and **Créditistes**, 729-1330. French isn't necessary, especially in the western part of the island, but needless to say, it certainly helps.

We don't guarantee that you will meet compatible people of the opposite sex if you become involved with charity work – but you will meet socially conscious people of all ages, and will find that your own problems are diminished when you help others worse off than yourself. The **Volunteer Bureau of Montreal** is always looking for concerned people – and their workers will put you in touch with the social agency you can help most. Phone 844-4442. One more thing: the large charities such as Federated Appeal and the Canadian Cancer Society require canvassers from time to time. We know some single people who met other singles this way – along with raising money for a worthy cause. (The rule seems to be: if you're a Good Samaritan and don't expect to meet somebody – you probably will.)

You can always try computer dating. We know people who have met **very** interesting people this way. We know others whose experiences have not been so good. So . . . it's up to you.

One Parent Families (formerly **Parents Without Partners**) is an organization for single fathers and mothers, with about 450 members and 4 chapters in the Montreal area: N.D.G., Lakeshore, Bonaventure, and Ville Lasalle. Meetings are held on the first and third Wednesday of each month at 8 p.m. The group has guest speakers, discussions, dances and parties almost every Saturday, and outings with children (such as the Ice Follies or apple picking in the Richelieu Valley). Annual dues are $12. In the last couple of years, about 10 couples have met and married – and lost their membership through marriage. According to Allan Raymond, director of publicity for the group, "The newly separated or divorced are like children starting back to kindergarten. They need somebody to hold their hand. That's what groups like this are for." For information, call Allan Raymond at 489-8889.

The **Overseas Canadian Club** was formed in 1968 for newcomers to Montreal, as well as for Montrealers. Basically an English-speaking group (although many of its members are French-Canadian), the club has 1350-odd members, of whom

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about half are foreign, half Canadian – and many of them single. Cost is $10 a year to join. Every Thursday there are dances at the William Tell, 2055 Stanley, and each Friday from 5 to 7 p.m. there's a Happy Hour upstairs at the Castel du Roy, 2070 Drummond. Special bonus: the club has its own travel agency which offers group flights to London, Paris, South America, Australia and New Zealand – as well as short jaunts to New York and Quebec Carnaval and hiking and camping weekends. Call Paul Street, 288-6221.

There are a number of other groups in the city that are oriented to the single, separated, widowed or divorced. **Outremont Cultural Club,** 1357 Van Horne, holds dances Wednesday and Saturday nights, with an hour of free dance instruction beforehand – and holds Singles Forums on Sunday nights. Cost is $10 to join, plus $2 for each meeting or party. Anyone over 25 can join but most members are 35 or older. 272-7040. **Avant Garde** is a private group of about 30 men and women who hold meetings and social functions in private homes. Membership is limited, but in the past two years, six couples have met and married, automatically disqualifying themselves. At present there's a waiting list. Call Allan Raymond, 489-8889.

Snowdon YMHA has a group called Chaverim, which meets twice a month; call Gordon Bernstein, 737-6551. **Davis YMHA** has a group called Bon Vivant which meets every Sunday; call Gerry Packer, 688-7339. **B'nai B'rith** also has a Montreal Singles Lodge; call 731-7396.

Never give up. Recently a Montreal widow in her sixties and a retiring railway conductor in his seventies married after a whirlwind courtship. Where did they meet? On the commuter train.

Oriental Arts of Self-Defence

In the beginning, there was ju jitsu. It began in India many centuries ago, developed by travelling Buddhist monks who, though unarmed, needed to protect themselves from bandits. The monks' methods of unarmed defense moved to Tibet, and from there spread across the Orient, to China, Korea and Japan, changing and diversifying to suit the country.

After World War II, ju jitsu and judo became popular in

North America, and in recent years, were joined by karate, aikido, kung fu and tae kwon do. The current karate craze – spurred on by Bruce Lee movies and the TV serial Kung Fu – is somewhat hard to explain. Is it because people are becoming more interested in fitness? Or because the streets are becoming more dangerous? Or is it simply part of North America's fascination with the East that began in the late sixties?

Although instructors don't make any promises of building beautiful bodies, these Oriental arts are a great way of keeping fit. One accountant in his forties has a body better than a college athlete – and coincidentally holds black belts in both judo and karate. Another man, a 55-year-old businessman, tells of losing 15 pounds during his first three months of judo lessons – without dieting.

The principle of these arts is a peaceful one. Students are trained to use these deadly techniques only as defense – never offensively – and instructors emphasize courtesy, quiet and discipline.

Ju jitsu is the oldest and least stylized of the Oriental martial arts. Anything goes – kicking, strangling, gouging etc. You'll also learn how to fight with knives – so that although unarmed, you can disarm an opponent with a knife. Ju jitsu is especially good for women: it's an art of skill, and strength and weight don't count.

Ju jitsu can also be learned by handicapped people – those who are partially paralyzed, in wheel chairs or who have artificial limbs. "Just knowing they can defend themselves gives them great confidence," says one instructor who has given such classes.

Judo, from the words "ju" (gentle, pliant) and "do" (way of life) is based on ju jitsu. This system of physical conditioning was devised in Japan by Dr. Jigoro Kano in 1882, and is described by some experts as "amateur wrestling in uniform." It's a sport of grappling, with emphasis on grabbing the opponent's clothing. You learn how to break your fall – sidewise, backward and forward.

Aikido is a stylized martial art from Japan that seeks to reconcile with the opponent, rather than disabling him. "Stress is on suppleness, speed, precision, and almost telepathic sensitivity to the moments of the other," says a brochure from the Downtown Y.

Karate, from the words "kara te" meaning "two empty hands" is a Japanese system of self-defense using hands and feet to deliver strokes, punches, blocks and kicks to vulnerable parts of the body. Karate – which accounts for an estimated 90% of the self-defense classes given in Montreal – can further be broken down into more than 32 types – shao-lin goshin, kendo kwan, chito-ryo, shoru-ryu, shotokan, kyoko shintai. . . Kung Fu is a Chinese version of karate, and Tae Kwon Do is a Korean method which concentrates on leg kicks.

Jakata, a mixture of ju jitsu, karate and aikido, is a practical approach to self-defense developed in North America, and taught to units of the New York Police Department and Israeli army, as well as to groups of housewives and businessmen.

And if that's not enough, there's also **bo-jitsu** (fighting with a long stick) and **nunchaku** (fighting with two sticks).

Best way of deciding which Oriental martial art is for you is to visit a *dojo* (the place where judo, karate etc. are taught) and observe classes in session. Style varies from class to class, especially in karate, and some forms can be more dangerous than others. And a reputable place will let you observe classes in action, and

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even participate, before you shell out any money.

The Lalonde Judo Karate Academy, upstairs at 1216 Stanley, was established in 1950 by chunky René Lalonde, Olympic athlete, holder of numerous trophies for both judo and karate, and former instructor of Pierre Elliott Trudeau. Lalonde gives bilingual classes in judo, ju jitsu and karate. He points out with pride that at least six couples have met and married at his academy – he and his wife included. Lalonde recommends that students attend his 1-1/2-hour classes at least twice a week, more if they can make it. He charges $55 for three months of judo or ju jitsu classes, $60 for three months of karate, with about 12 people per class.

The YMCA, 1441 Drummond, gives classes in all of the Oriental martial arts. Beginning in September and January, classes in judo are given: the two-month session consisting of two 1-1/2-hour classes per week costs $30.

Beginning the first Monday of each month, the Y gives karate and aikido classes. Two 1-1/2 hour classes per week plus an optional class on Saturdays cost $25 for the first month or $55 for three months.

Beginning in September and January, the Y holds jakata classes once a week, costing $60 for 15 hours of instruction. The Y guarantees that those students who fail to pass the final test will be given free instruction until they do.

The YMCA Northwestern Branch, 4335 Hampton, offers karate classes at a cost of $5 plus Y membership (which ranges in cost from $30 annually for youths to $80 for men and $150 for families). This branch also offers a youth judo program on Saturdays.

Women's Place, 3764 St. Lawrence, holds karate classes for women on Monday and Thursday evenings, at low price of $7 per month.

Hakudokan, 540 Henri Bourassa East, holds classes in judo, karate and aikido. Each course consists of three 1-1/2 hour classes per week for three months. Judo and aikido cost $46 for the three-month session; karate $56.

Chong Lee Karate Dojang, 3637 Metropolitan Blvd. East, and 5024 Sherbrooke West, specializes in the Korean form of karate, Tae Kwon Do. Beginners are expected to attend class two or three times a week, and the first month primarily concentrates on conditioning the body. A six-month course will cost $105; a 12-month course costs $180.

Pelletier Karate, 55 19th Ave, Lachine, holds classes of 30 to 45 in size. Costs are $15 per month for adults, $10 for students, $4 for children under 14 and $18 for married couples. Pelletier has five schools throughout Montreal with more than 1,000 students. The main school in Lachine is equipped with a sauna.

YMHA Snowdon Branch, 5500 Westbury, holds judo classes for boys and girls aged 7 to 14. Ten one-hour lessons cost $2.50 plus **YMHA** membership.

The **Budokan Judo and Karate School,** in the Dorval Shopping Centre, holds judo classes for men, women and children. Instructor is Terry Farnsworth, Canadian champion in 1972 and 1973, and a member of the Olympic team at the 1972 Munich games. The school also holds karate classes for men and women 14 and over. Geared to serious students, the centre encourages long programs and charges $10 a month for a 24-month contract, $15 a month for a 12-month contract. Three-month contracts are also available. Classes are held three times a week.

The Gay Scene

Montreal's gay scene is a lively and relatively hasslefree one. Chief organization is the **Gay Montreal Association**, composed of English and French gay men and women. The association supports the **Gay Drop In Centre**, 3439 St. Denis, which is open every evening from 7 to 11 p.m., organizes consciousness-raising groups Wednesday and Thursday evenings, and holds a coffee house with a folk singer every other Saturday night.

The Association also holds dances at McGill once a month, and holds bilingual church services every Sunday at 2 p.m. at the Metropolitan Community Church. It sponsors a Speakers' Bureau and a Gay Line (843-8849) – an information and referral line for gay men and women.

There are two hotels run by and for gay people: **l'Auberge**, 1979 Mackay and **The Inn**, 1070 Mackay. **Sauna Neptune**, 456 La Gauchetière West, has s swimming pool, steam room, whirlpool baths, T.V. lounge and snackbar, and an immaculate, well-kept atmosphere. Not quitte so posh is **Sauna Aquarius**, 1183 Crescent Street. **Colonial Baths**, 3963 Colonial, is open until 5 a.m. The Sauna and Baths are for men only.

BARS AND CLUBS

Rocambole, 1426 Stanley, packed with a youngish crowd, has a reputation of being the best in the city. Women allowed here, and at **P.J.'s Cabaret**, 1422 Peel. **Madame Arthur Disco Bar**, 2170 Bishop, is predominantly gay but straight women go there too; it's a good place to have a drink and not be hassled by men.

Peel Pub, 1107 St. Catherine West is popular but doesn't allow women. Neither does **Bud's Lounge**, 1250 Stanley.

The **Limelight** on Stanley in the old Hawaiian Lounge, has the largest dance floor in the city, and there's dancing until 6 a.m. every night of the week. Formerly, the club was popular with both gay and straight men and women, but management recently began to discourage straights and women.

There's also the **1160 Club**, 1160 Sherbrooke East; **Neptune Tavern**, 121 des Commissaires West; **Au Tareau d'Or**, 1422 Drummond; **Montreal Tavern**, 100 St. Catherine East; **Cafe Apollo**, 5116 Park Ave (third floor); **Cafe Lincoln**, 4479 St. Denis; **Monarch**, 164 St. Catherine East; **The Love**, 1418 Guy; and **Baby Face Piano Bar**, 1235 Dorchester, upstairs from the All-American Bar.

As we go to press, a centre for gay women is being organized. For information, phone 843-8849.

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Women's Places

Suppose you're a woman with a problem. You're fifty-five and your children have left home and you've never had a job – but suddenly your bridge club and Ladies' Auxiliary aren't quite enough. Or you're thirty-five and your husband wants a divorce and nothing in your life has prepared you for this blow.

Or you're twenty-six and have three children under the age of five and you don't see how you can cope one day longer. Or you need an abortion. Or you suspect that the only reason you didn't get that promotion is that you're a woman. Or you're very unhappy but can't quite figure out why.

Maybe you need counselling. Or a class. Or a consciousness-raising group, otherwise known as "C.R." – where you'll learn about yourself and other women through directed discussions on various topics of common interest.

Or maybe all you need is a means of getting away from the kids once or twice a week – knowing that they're being well looked after.

In Montreal, there are many places where you can get help. For reasons of space, we've concentrated on those serving English-speaking women. You may have to try a few organiza-

tions before you find the one which appeals to you. So if you get bad vibes from a place or a group – move on until you find women who share your problems, goals and interests.

WOMEN'S YELLOW PAGES

A real *must* for every Montreal woman is a copy of the *Montreal Women's Yellow Pages,* published jointly by the Feminist Communications Collective and the Women's Information and Referral Centre.

Inside this Gestetnered handbook is a wealth of information. Lists of committees working for change, day care centres, names of groups for divorced and separated women. There are lists of crash pads, residences for women, groups helping single mothers, groups of women artists and groups for lesbians. There are lists of women's media, courses for women, and information about women's centres across Canada. . . and a lot more.

The book costs $1.00. Get a copy by sending a self-addressed 9" x 12" envelope and a cheque for $1.12 (to cover postage), to the Women's Information and Referral Centre, 3595 St. Urbain.

WOMEN'S CENTRES

The **Y.W.C.A. Women's Centre**, 1355 Dorchester West, is located in the Y's basement, next to the cafeteria. This large, brightly painted room, furnished with comfortable vinyl furniture, is a good first stop for any woman who seeks help.

This centre offers abortion counselling, birth control advice, a weekend summer camp for single mothers and children, legal information and referral, vocational counselling and aptitude testing, discussion groups for separated and divorced women, and other interest groups.

The Y also organizes C.R. groups. Leave your name and phone number: when the Y co-ordinator has enough women to set up a group, she'll get you all together on a suitable evening, and provide a worker who will attend the first two or three meetings. After that, your group is on its own.

The centre has a speakers' bureau – women who will speak on a variety of subjects for a moderate fee – and has 25 videotapes about various women's issues which can be rented inexpensively.

The Women's Information and Referral Centre, 3595 St. Urbain, can give advice or referral about practically everything you can think of – day care, emergency baby sitters, summer camps, where to find sympathetic women doctors, psychiatrists, lawyers, how to counteract job discrimination, drug and family problems.

They organize C.R. groups, provide speakers for women's groups, have handbooks on birth control and V.D., and operate a clothing exchange.

Most important, they provide sympathetic ears and friendly assistance to women with problems of all sorts. (WIRC counsellors speak a total of ten languages.) Drop in, or phone 842-2781.

Women's Place, 3551 Jeanne Mance, recently moved from its old location at 3764 St. Lawrence, and as we go to press, is still unpacking. In the past, the centre has offered a variety of activities – everything from C.R. groups to classes in karate and jazz ballet, and various other workshops and seminars.

WOMEN'S CLASSES

There are lots of day and evening classes for and about

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women, but they're not always easy to find. Best idea: get a calendar from the CEGEP or university of your choice and examine the courses given in English, History, Humanities, Psychology and Sociology.

Sir George Williams University offers an interdisciplinary Women's Studies program – operating in the areas of psychology and sociology, literature, religion and classics, political science, history and economics – which will be expanded further in Fall, 1974. Summer sessions in women's studies are also held.879-7280.

Loyola College, 7141 Sherbrooke West, offers a women's studies concentration through the new Interdisciplinary Studies Department. Phone 482-0320.

Marianapolis College, 3647 Peel, offers a special program, Program M, for women returning to school. Free day care is provided, while you attend morning classes. For more information, phone Sister Eileen Clarkin, 288-6166.

Dawson and Vanier CEGEPs also offer courses in Women's studies – e.g. in winter of 1973-74, Dawson offered six English courses dealing with women.

THE WRITTEN WORD

If you've always nourished a secret ambition to write, the **Feminist Communications Collective** needs you! Their newsletter will use poetry, prose, information and articles. "We'll take just about anything if it makes sense," says Hilary Dickinson, one of the organizers. Write to P.O. Box 1238, Place d'Armes, Montreal H24 3K2. Or if you want to join their writers' workshop, call the Women's Information and Referral Centre.

One more thing about women's places: at nearly all of them, interested men are welcome.

Black Montreal

There are about 50,000 black people living in Montreal, Included in this sizeable community are people whose families have been Canadian for generations – and immigrants from the U.S., French and English islands of the West Indies, and Africa. The oldest black organization is the **Negro Community Centre**, 2135 Coursol Street, a social agency dealing mostly with the people of Little Burgundy – offering tutoring services, free lunch programs for school children, camping and day camp in summer, and various social events. 932-1107.

The **Cote des Neiges Black Community Development Project**, 7024 Cote des Neiges, acts as a referral centre, providing legal service, sports facilities and tutoring for youths, and dealing with problems of discrimination, job-hunting, and immigration. It also operates the **Community Discount Store**, which carries mostly children's clothing, open Tuesday through Saturday. 737-1118

The **National Black Coalition of Canada**, 8130 Place Vaujours, supports other black groups in the city, and tries to get them to work collectively to abolish discrimination.352-0307.

Black Community and Education Services, 1968 de Maisonneuve West, is a research and service organization, providing tutoring programs for children from 3 to 12, and holding creative writing, painting and other cultural programs on Saturdays. 937-3539.

CLUBS AND RESTAURANTS

Rockhead's Paradise, 1252 St. Antoine, a Montreal institution, has live music and is open seven nights a week. **Big Syl's Bajan Paradise,** 2150 Guy, is black owned and staffed, and serves good food and great tropical drinks. There's also the **Black Bottom,** 22 St. Paul East, a discothèque restaurant which serves soul food.

The **Caribbean Cookhouse,** 1175 Crescent Street, specializes in fiery West Indian food – and should be open 24 hours a day by summer '74. The **Harlem Chow Mein Restaurant,** 711 Mountain, serves Canadian, Oriental and soul food.

SHOPS

S. Enkin Inc., 1201 St. Lawrence, carries tropical fruits and vegetables and a wide selection of West Indian and Oriental spices, herbs and canned goods. **Mister Spicee,** 6889A Victoria, sells spices, canned goods, Jamaican *patties* and Trinidadian *roti.* **Caribe Bakery,** 5716 Sherbrooke West, specializes in Jamaican baked goods, pastries, breads and buns – Jamaican wedding and birthday cakes, for example. **Khatib,** 6850 St. Lawrence, sells West Indian and Oriental fruit, vegetables, canned goods and spices – and is popular with Montreal's Haitian community. **N.D.G. Licensed Grocery,** 5345 Sherbrooke West, also known as the **Caribbean Food Centre,** has a good selection of vegetables, fruit, spices and canned goods.

The **Afro Shop,** 1249 Guy, has a large selection of *dashikis, boubous* (long robes), dresses, fabrics, records, jewellery, wigs, ornaments and makeup. **Guy and George,** 1433 Stanley, make sophisticated clothing for both men and women.

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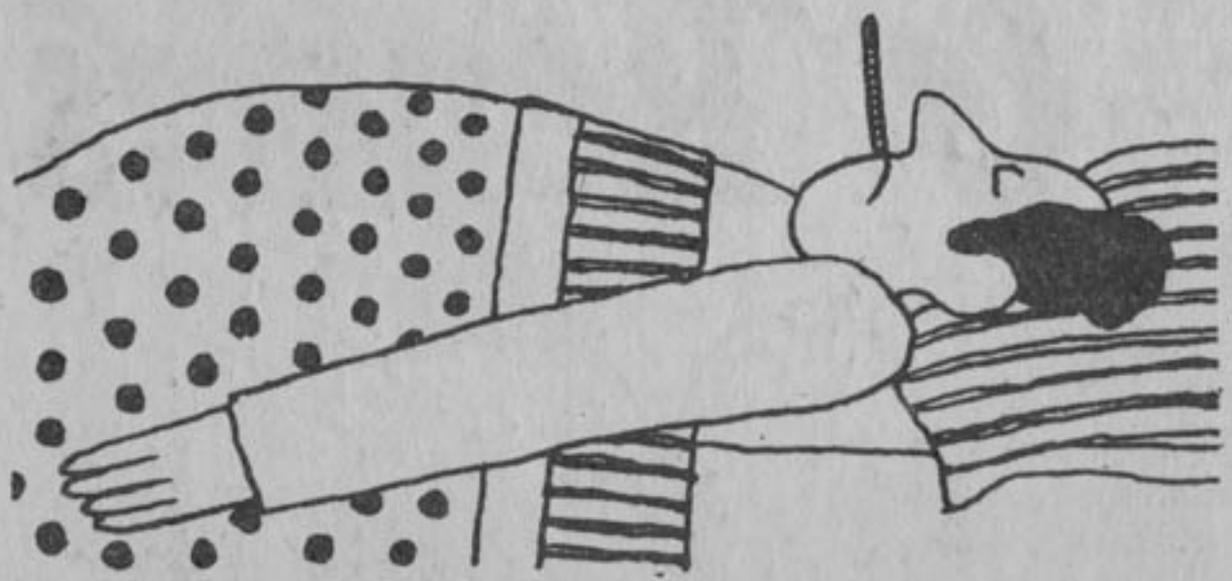
chapter nine

Services, Emergencies & Repairs

In Sickness and in Health

Montreal Health Services



We know one newcomer to Montreal who found himself with a bad case of tennis elbow and no doctor. Friends gave him names of doctors, but he was unable to get an appointment before three months. In despair, he went to the emergency room of a downtown hospital, who shunted him to the out-patient department, who then referred him to Dr. X, who, miracle of miracles, was able to see him that same week. After Dr. X gave him a shot of cortisone to reduce the swelling, and told him to come back in a month, our injured friend asked plaintively, "Can I come and see you next time I get sick? "

The doctor drew himself up in his chair. "I think not," he said stiffly. "After all, I'm an orthopedic surgeon."

The problem is a common one in Montreal – particularly since Medicare. What do you do if you're feeling sick but not ill enough to be admitted to hospital – and you don't want to wait a month for an appointment? Where do you go for a complete physical checkup? Do you need an allergy specialist or a dermatologist or a psychiatrist for that skin rash? Oh, for that kindly old GP with the little black bag!

FAMILY MEDICINE UNITS

Your best bet is to sign up with one of the new Family

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Medicine Units, attached to various Montreal hospitals: the **Montreal General, Montreal Children's Hospital, Queen Elizabeth, Jewish General** and **St. Mary's.** Like all medical treatment in the province of Quebec, these units are free, providing you're a Canadian citizen or landed immigrant.

These units have only been operating for a few months, but in our experience, they're just great. The only catch is that all members of the family must register.

In most instances, the FMU will be divided into medical teams. At the Queen Elizabeth, for example, each team consists of two doctors, one resident, and a nurse-practitioner. A family will be assigned to a specific medical team – for keeps.

The result: a return to that old-fashioned personal relationship between doctor and patient. Also, the unit will have all family medical records, including a complete record of all referrals to specialists, and all drugs prescribed.

At the Queen Elizabeth's Family Medicine Unit, there's not a white uniform in sight. Doctors and nurses wear ordinary clothes, smile a lot, and the feeling is warm and relaxed. (And believe it or not, women doctors outnumber the men.)

The Montreal Children's Hospital FMU has a similarly friendly atmosphere, and we'd like to think that the other units are equally pleasant. Right now, if you phone for an appointment, you'll be given one in a few days (or right away, if it's an emergency). But this might change when more people have signed up.

Two more things: you don't need to have children to sign up: childless couples and single people are welcome. But each unit will only take on a limited number of families, so you'd be wise to register as soon as possible.

CLINICS AND MEDICAL CENTRES

There are a number of neighbourhood clinics and medical centres in Montreal. For a complete listing, get a copy of the Montreal Women's Yellow Pages, available from the **Women's Information and Referral Centre** ($1.00.) The Centre also carries a list of recommended female doctors, and gives abortion referrals. Phone 842-4781.

Head and Hands, 5826 Sherbrooke West, is a youth centre which works with adolescents aged 12 and over. One aspect of the centre is a youth clinic offering both curative and preventive medicine. Doctors diagnose and treat common adolescent medical problems, give information about hygiene, nutrition, birth control and abortion counselling. The centre is open from 10 to 10, weekdays. Doctors are on duty from 7:30 to 10 p.m., Monday to Thursday, and 3 to 5 p.m. on Fridays. No appointment necessary.

Ville St. Pierre Medical Clinic, 45 – 2nd ave., in the West End suburb of Ville St. Pierre, is a cheery privately run clinic operated in the basement of St. Pierre aux Liens Roman Catholic Church. Staffed by medical people from McGill, the University of Montreal, the Royal Victoria and other large hospitals, this well-equipped clinic is open every weekday from 9 a.m. to 11 p.m. You can usually get an appointment for the day you call, and in emergencies, you'll be seen right away. Phone 482-7854.

Nuns' Island Medical and Dental Centre, 1 Place de Commerce, Nuns' Island. This privately operated centre serves Nuns' Island and adjacent areas. It's staffed by 21 G.P.s and specialists, plus 2 psychologists and a dietitian. Hours are 9 to 5, 6 to 10 p.m., and Saturday mornings from 9 to 12. A switchboard will

handle emergency calls nights and weekends. The centre also has two full-time dentists and a women dentist who specializes in dentistry for children, twice a week. The dental clinic is open Wednesday and Thursday evenings, 6 to 10 p.m., and Saturday mornings 9 to 1 p.m. Phone 768-4718.

Doctor's Réplacement Medical Centre, 6555 Cote des Neiges, is another example of private doctors setting up a group practice to deal with the heavier work load since Medicare. This centre has three or four doctors on a daily basis, others on a part-time basis, and always has a doctor on call after office hours. Phone 731-1186.

EMERGENCY ROOMS

According to a recent study by the Montreal Regional Health and Social Service Council, not one of the 25 Montreal area hospitals met "category one" standards for top quality emergency care. The study also found that 66.2% of the 1.1 million emergency visits in 1972 were not "real emergencies" and could have been handled in less expensive facilities. We hope that when other facilities such as the Family Medicine Units and other neighbourhood clinics become better known, that emergency rooms will become just that.

We sent an S.O.S. to all our friends, asking for their own personal experiences with emergency rooms, and found to our surprise that most had few complaints. There were two or three horror stories, however – cases of wrong diagnosis. The moral seems to be that if you have any question about the treatment given you or your family, you should insist on seeing a specialist as soon as possible. The following emergency rooms were rated good or better:

The Montreal Children's Hospital was described as excellent – especially by a mother whose accident-prone children have suffered an asthma attack, dog bite and a fall on the head, all in the past few months. Another mother, whose child also fell on his head and was admitted for observation, claimed that he *loved* the hospital and didn't want to go home.

The **Montreal General, Royal Victoria**, and **Jewish General** hospitals were described as good, with friendly, efficient and hard-working staff. The **Queen Elizabeth Hospital** emergency room, 2100 Marlowe, just below Sherbrooke in N.D.G. is described by contacts as being more personal than the large downtown hospitals. Our own experiences with the **Reddy Memorial Hospital**, 4039 Tupper, have been good ones, and rarely have we had to wait more than 20 minutes.

BREAST CLINICS

Six percent of all North American women will develop breast cancer during their lifetime – and many will die needlessly because they weren't treated soon enough. In Montreal, there are several clinics specializing in early diagnosis. Medical personnel recommend that women have their breasts checked once a year, and more frequently if they have a history of previous problems – or if female members of their family have had breast cancer. Checkups at these clinics are on Medicare – and these clinics have machines that can detect cancer up to five years before the lump becomes apparent to the touch. Women should not let the fear of the radical mastectomy keep them away: in most cases these doctors prefer to remove only the lump, not the breast.

The **Westmount Breast Center**, 1310 Greene, operated by Dr. Ray Lawson and his wife, Dr. Anne Lawson, uses thermography

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(a heat-sensitive photography device which Dr. Ray helped to develop, the senograph (a sensitive X-Ray machine developed in France) and a clinical exam. Dr. Ray Lawson has infuriated other specialists by his refusal to perform radical mastectomies: he insists that the survival rate is just as high among women who have merely had lumps removed. To be seen quickly here, a woman needs a referral from her gynecologist or family doctor. Phone 935-1265.

La Clinique Chirurgicale, 235 Dorchester West, is operated by Dr. Roger Poisson, a young surgeon who also subscribes to conservative surgery. Phone 861-3441. The **Sherbrooke Breast Centre**, 1390 Sherbrooke West, also gives checkups using thermograph and mammograph machines. No doctor's referral required. 843-5239.

PREGNANCY

Couples who wish to share pregnancy and childbirth (i.e., the husband assists in the delivery room) should get in touch with the **Montreal Childbirth Education Association**, who hold prenatal and post-natal classes ($25 for ten weeks) and can put couples in touch with sympathetic obstetricians who allow fathers to participate in delivery. Phone 866-9941, extension 44. Pre-natal courses are also given by the Victorian Order of Nurses, at $20, (844-6801) and by the City of Montreal Health Department (872-4191), for free.

Birth control advice is available from the **Family Planning Association**, 336 Sherbrooke East, and most of the other clinics previously mentioned.

Abortion counselling and referral is given by the **Women's Counselling Service**, 845-7145; the YWCA **Women's Centre**, 866-9941, Local 44; and the **Women's Information and Referral Centre**, 842-4781.

MENTAL HEALTH

The **Montreal General Hospital Psychiatric Clinic** has an emergency clinic open 24 hours per day. (Yes, you can make appointments.) The **Mental Hygiene Institute** offers various forms of counselling by trained psychiatrists, psychologists and social workers – including premarital, marriage and family counselling. Phone 844-3971.

DENTISTRY

The dental situation in Montreal is a depressing one. Far too many Montrealers lose *all* of their teeth every year – and most of these are in the 15 to 24 age group. Many Montreal dentists ignore today's trend to preventive dentistry. If your dentist doesn't show you how to floss your own teeth and those of your children, along with teaching you how to brush properly (with a nice, soft brush), he isn't doing his job. Some adolescents who have flossed their teeth since flossing became fashionable 8 or 10 years ago, don't have any cavities at all!

Unfortunately, there is no central number in Montreal which you can call to find a preventive dentist. You just have to ask around. Our dentist, Dr. C., whose patients rarely get cavities because he *screams* if they don't floss regularly, recommends that you interview your prospective dentist. Does he advise the use of dental floss? Will he show you how to use it properly? If the answer is No, keep shopping. For more advice on how to interview a prospective dentist, read *Dentistry and its Victims*, by "Paul Revere, D.D.S." (Macmillan Co. of Canada, Toronto) and

The Tooth Trip by Thomas McGuire, D.D.S. (Random House, New York).

There are a number of dental clinics in town, but according to Dr. C., most are overcrowded and understaffed. As a result, patients usually receive little preventive instruction, and far too many teeth are pulled in these clinics. Our advice is: use these clinics if you can't afford a dentist – but if you are told that a tooth or teeth must be pulled, consult a preventive dentist and see if he or she agrees. And remember, as of May 1, 1974, dental care is free for all children under the age of seven in the province of Quebec – in any dentist's office.

The **City of Montreal** operates seventeen free neighbourhood dental clinics for children from eight to fourteen. (As we go to press, only fifteen of these have *dentists* in them.) It generally takes six weeks to three months to get an appointment – although if it's an emergency they may fit you in.

In summer, the McGill Faculty of Dentistry offers a program for elementary school children in the **Montreal General Hospital**. Teeth are checked, dental health instruction given, and teeth are repaired by dental students in their final year.

The **Montreal Children's Hospital** also has a free dental clinic for children up to the age of 18, and is starting a new preventive dentistry program. However, there's a two-month wait for an appointment. The **Ville St. Pierre Medical Clinic** supplies low-cost dental care, including flossing instructions, for the whole family.

The **St. Hubert Dental Prosthesis Clinic**, 5150 St. Hubert, is a new clinic which will supply full sets of dentures for $175.00 – half of the standard price. Phone 270-1177. (Of course, if you floss every day and brush properly, you'll never need dentures . . .)

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Where for Hair?

Like most women, *les Montréalaises* either swear by their hairdressers or at them.

The ones we swear by are those who consistently make our hair (and us) look good. These artists are extremely hard to find – and worth their weight in balsam conditioner if and when you can find them.

But the ones we swear *at*. . .

There are the scissor-happy maniacs who lop away yards of crowning glory . . . leaving us feeling miserably *shorn* for months. And another kind of clip artist – the one who pads the bill in every possibly way, like charging $18 for a conditioner. There are the production houses, who overbook clients, keep them waiting for hours, and turn out heads as if on an assembly line. And the snobs and prima donnas, who take an interest in a client only if she is rich or mildly celebrated, and treat all others with mildly tinged disdain.

Curses, too, on the salons whose policy is to charge for a cut whether the customer has one or not. They claim they can't do a proper job on someone who doesn't have a decent cut, and maybe they're right. But why do they wait to tell you the salon's policy – until they present you with the bill?

There are more than 900 hairdressing establishments in Montreal, most of them the small neighbourhood variety. In our estimation, however, there are only about 25 really good ones, and only ten rate as exceptional.

The exceptional salons fall into two categories: traditional and progressive. The progressive salon cares more about the health and condition of a client's hair – but the stylists tend to impose their own ideas on her. The traditional salon teases and sprays, but is more inclined to give the woman the kind of hair-style she wants.

Which is better? It depends on what you want. If you can afford it, a cut at any of the following salons is worth the money you pay. (If you're watching your budget, and who isn't these days – don't be timid about asking how much a cut, conditioner or some other treatment is going to cost. After all, it's your money, and your hair.)

The top ten (*la crème de la crème rinse*, so to speak) in alphabetical order, are:

Biba, 1254 St. Catherine West (Rive Gauche), and Cavendish Mall, owned by Jason Kearns and Peter Sant – both formerly of Vidal Sassoon, London, and La Coupe, Montreal. Both give excellent scissor cuts. They charge the same for a cut: $23 (includes shampoo and blow-dry); about $10 for shampoo and blow-dry. However, they are unlikely to give you just shampoo and blow-dry unless you've had your hair cut there previously, and it's still in good shape.

Biba has 6 other stylists, including Cathy (cut $20), Jay and Anthony ($12); all are experienced and good. For tints, there's Valerie, who before coming to Biba coloured the hair of many leading Quebec actors and actresses, including Robert Charlebois. Streaks, for example, are about $25.

Since the opening of Cavendish, Peter and Jason switch

weekends each month. Both salons reflect Biba hair-styles: sleek, modern and sophisticated. Downtown is 866-3674; Cavendish, 487-3300.

Charles of Westmount, Westmount Square, is a misnomer as there's no longer a Charles there; the salon is now owned by Heinz Ritter and Maurice Sebbag. One of the largest and most elegant (done more or less in Louis XV, with a checkroom for coats, burgundy smocks for clients, service that's a bit more courteous than most salons), it attracts a wealthy Westmount clientele who come equipped with chauffeurs and poodles – although it's by no means the most expensive salon in Montreal.

Minimum charge for cut and set is $17 for all 12 stylists, including Heinz and Maurice. The exception is Louis (cut $25), formerly with Kenneth in New York where he worked on the third floor (THE floor) styling the heads of Jackie Onassis and Elizabeth Burton, among others. A genius at setting hair with rollers, he can make you look and feel like a movie star – and the set holds for days.

There are three colourists, always booked at least a week in advance – streaks $25 to $65. 931-7251.

Coiffure Windsor, Windsor Hotel, is intimate and Empire-style, decorated in greens, browns and black. Eddie, its owner and head stylist, came from Nice when he was 17 years old and worked at Guillaume and Robert before opening on his own in the Windsor ten years ago. During the week there is only himself (cut $15, shampoo and set $8); Mario (cut $11, shampoo and set $6); and Rolande, famous for her tinting and streaking with silver foil ($35). Fridays and Saturdays there's also Madeleine (cut $5, shampoo and set $5).

Although they're in a hotel, most of their customers are Montrealers. Both Eddie and Mario are good with all lengths of hair; their clients are among the wealthiest and chic-est in the province. They build a genuine rapport with their clientele, and keep them for years. 866-0812.

Gerlinda, 3545 Cote des Neiges (in the Regency) was the first unisex salon in Montreal as well as North America when it opened, downstairs from **La Dauphine,** in May 1971. It was also the first to introduce hair care, with non-chemical products (Gerlinda's Orange Shampoo and Coco Milk Conditioner – divine), and henna treatments, with or without colour, recommended once a month to give hair body and shine ($6.50 and up).

Both salons are operated by Austrian-born Gerlinda and her partner Pierre Schukys – who in addition to being a hairdresser is also a chemist. The unisex salon downstairs features white walls, chrome, and green plants – a salon you can relax in, even with your boyfriend in the next chair. Jacques ($16) and 8 other stylists give excellent cuts ($8 and up) and blow-drys, and are hip to the most current looks.

These days Gerlinda works upstairs in La Dauphine with three other stylists (cut $16 and up). The atmosphere upstairs is more traditional and exclusive, with a boutique for hair and beauty products, pedicure and tinting rooms, and as of April 1, a new massage room with whirlpool and sauna. 935-2440.

Henri Coiffure, 1465 Crescent, is a medium-sized salon that feels almost like being in somebody's home – a cross between the old and the new, chrome and leather mixed with Art Nouveau and Deco.

Henri, formerly of Guillaume and Robert, has had the salon for 5 years. Clients include bright young Crescent Street types as

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well as French actresses and elegant Westmounters. Henri (cut $16, shampoo and set $5) and the other three stylists all seem to give good cuts. The look is flexible and creative, and clients seem happy with what they get – except for the interminable waiting.

A unique feature is Henri's boutique with antique combs, hair clips, rings, earrings, beaded evening bags, mirrors and brushes. 844-1179.

La Coupe, 1115 Sherbrooke West (Le Cartier) is the salon that revolutionized the hair scene in Montreal. Back in 1967 when Charles Booth hit town, all the others were shingling, razor-cutting, and back-combing hair to death. Charles – formerly of Vidal Sassoon in London and New York, with 100 years of hairdressing in his family, and only 19 years old at the time – introduced the scissor cut, the blow-dry, geometric hair shapes, and the shiny, swinging head of hair that goes with them. Other former Sassoonists followed him to Canada, worked for him, and eventually opened salons of their own.

La Coupe has changed and grown over the years: a branch on Madison Avenue in New York, and expanded premises in Le Cartier, with about 20 stylists – at its busiest, it's like a factory.

Charles is in town Wednesday and Thursday; the rest of the time he's in New York. At $35 for cut and set, $30 cut and blow-dry, he's the most expensive in Montreal. Kim, in town Tuesday and Wednesday, is $23 for cut and set. Prices for other stylists range from Zaidah ($23, Fridays only) and Michele ($19), down to $5.25 for cut and blow-dry from one of the juniors. There are two specialists for tinting, Jan (who recently did Randy Bishop's turquoise streaks) and Bill, both very aware of health of hair. 288-6131.

Menemsha, 2457 Lucerne, TMR is built on two floors: hairdressing downstairs; tints, pedicures and facials upstairs; and an elegant boutique in front. Pierre, formerly of London, Paris, Rome and California, has built a reputation during the three years he's owned the salon for both styling and tinting. For cut he charges $8 to $12, $9 for set or blow-dry. The nine other stylists charge $6 to $12 for a cut, $7 for set or blow-dry. 733-7189.

Mitchell's Living Room, 2044 Metcalfe, is owned by Mitchell, formerly of Vidal Sassoon, London and La Coupe, Montreal. Mitchell, however, has gone even further out, into natural hair. The salon opened Valentine's Day, 1973, done in Art Deco – reminiscent (in decor, anyway) of what salons really must have been like in the 20's and 30's. But his philosophy is pure 70's: no spray, no teasing, non-detergent shampoos. Depending on the condition of your hair, you may get egg yolk, Mayonnaise, Mazola oil or Vitamin E – all aimed at making hair naturally healthier and happier.

Both Mitchell (cut $17) and Claude Zekri, formerly of Carita in Paris (cut $13) do all the work themselves, from analysis to shampoo, cut and blow-dry; they organize themselves with well-spaced appointments. And they must be doing something right: their clients range from ecology-minded teachers and students from McGill to the wives of two cabinet ministers. 843-3448.

René de Deauville, 2330 Lucerne, TMR, is possibly the most luxurious salon in town – recently re-done in chrome, mirrors and brown patent, with space-age dryers, special manicure tables (there are ten manicurists), special rooms for tinting, massage, facials and pedicures; a customer cloakroom, and two receptionists. Its owner, René Gross, has had the salon for about ten years (he also has a men's salon, **Monsieur Deauville**, on Crescent St.).

At Deauville there is no one look or style; clients range from rich matrons with bouffant hairstyles to young things with waist-length manes (yes – this is a salon that won't insist on cutting it off). René's charge for a cut is $10 plus $8 for shampoo and set or blow-dry. The other 12 stylists all charge $10 for a cut plus $7 for shampoo and set. There are three full-time tinters; specialty is tone-on-tone. An added bonus: Deauville is a member of Intercoiffure, which gives passports to clients who travel. 735-1663.

Salon Tête Folle, Penthouse, 3465 Cote des Neiges, was opened just over a year ago by Angelo di Genova formerly of Guillaume and Robert, and the Ritz. Intimate and elegant, it was designed by Angelo in beige, chocolate and black, with mirrors, plants, sculpture and paintings – a mélange of modern and Art Deco. Everything hangs together, from the brown-and-white striped smocks to brown towels.

Angelo's clients are well-dressed, chic, and young-ish; he also does the new Air Canada hostesses. Cut and set, $18. The other 4 stylists charge $7 to $10 for a cut plus $6 for set or blow-dry. 935-8561.

There are also a few salons in Montreal where you can get a quickie cut and set or blow-dry. **Eaton's Hairworks** on the third floor (back of the Young Montrealer Shop) and **Tête à Tête** in the Viaduc, Place Bonaventure, can give you an appointment with very little notice or sometimes no notice at all – except on weekends when they're busy. Prices are more or less the same as other salons. $14-$16 cut, $7 for shampoo and set or blow-dry. At **Veruschka**, boutique level of the Banque Canadienne Nationale Building at Place d'Armes, you can have a cut and set for $10, and thanks to their unsually speedy dryers, be out in less than an hour.

Veterinarians

The Society for Prevention of Cruelty to Animals, main branch, 5215 Jean Talon West, near Decarie, will destroy unwanted animals. (If the animal is in good health, the society will put it up for sale for a limited time.) The **SPCA Clinic**, 2202 St. Antoine West, is open Monday and Thursday from 3 to 4:30 p.m. for minor troubles – but staff do not inoculate or operate.

The following animal hospitals all will board animals, along with performing the usual veterinary services:

Animal Hospital of Westmount, 349 Victoria in Westmount (487-5300). **Animal Clinic of Cote des Neiges**, 4738 Cote des Neiges (738-6491). **Notre Dame de Grace Animal Clinic**, 5522 Cote St. Luc Road. (487-5803). **Animal Hospital of Montreal**, 324 Victoria, in Westmount (489-8217). **Baker Animal Hospital**, 8310 Mayrand, near Decarie, behind Piazza Tomasso (739-1935). **Jasmin and Jasmin**, 740 Guy, (932-3149). Hours vary from establishment to establishment, so make sure you phone ahead. All are closed Sundays, and if open on Saturday, it's only for an hour or two.

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You and the Law

There are lots of agencies in Montreal where you can obtain free or low-cost legal aid. Start with the **Legal Aid Bureau of the Bar**, 800 de Maisonneuve West, tenth floor (842-2233), where anyone in Montreal can receive complete free legal counselling in both civil and criminal matters. Open 9 a.m. to 5 p.m.

The **YWCA Women's Centre**, 1355 Dorchester West, gives understanding and referral. Call 866-9941, local 44 for an appointment. **Association Cooperative d'Economie Familiale**, 84 Notre Dame West (844-3491) specializes in helping families who are victims of easy credit or other unorthodox business practices.

The **Civil Liberties Union**, 409 Sherbrooke East (844-2815) and the **United Council for Human Rights**, 5165 Isabella (731-9671) tackle cases of discrimination and civil rights.

A number of agencies give free legal advice to members of the nearby community. **Head and Hands**, 5826 Sherbrooke West (487-7670) has a lawyer on the premises each Thursday night: he or she will give information but no court representation. **Baron de Hirsch Legal Aid**, 3600 Van Horne (731-3882) gives full legal aid to members of the Jewish community. **Tyndale House**, 870 Richmond Square (931-5255); **Point St. Charles Legal Aid**, 2111 Centre (933-8432), **Welfare and Low-Income Citizens**, 3553 St. Urbain (842-8836); **St. Louis Legal Aid**, 3459 St. Hubert (526-6618), and the **International Y.M.C.A.**, 5550 Park Ave., all help residents with legal problems.

For landlord problems, try the **Quebec Rental Board**, 10 Craig Street (873-2190): unfortunately, their lines are nearly always busy.

If someone owes you less than $300, and you have been unable to collect it, try **Small Claims Court**. It's fast, costs only $5, and if you win, you get the $5 back. To find the court nearest you, look in the white pages of the telephone book, under Government of Quebec.

A useful pamphlet to have is *Civil Rights*, published by the Quebec Bar Association, 84 Notre Dame West. Write for it, or pick it up.

Silence Please

Unlike most large cities, Greater Montreal doesn't have a centrally-operated library system. What it has instead is a municipal library, La Bibliothèque de la Ville de Montréal, operated by the City of Montreal – along with dozens of other public libraries operated either privately or by various municipalities.

Most of the municipal libraries – those on the West Island and in the Town of Mount Royal, for example – sprang up as citizens responded to a community need by setting up their own local library. Some of the municipal libraries, chronically short of funds, can't compare with a good branch library in a city such as Toronto. But others – like the Town of Mount Royal library – have developed excellent resources, as well as becoming a focal point in the community.

Unless noted otherwise, most municipal libraries are free to residents, and offer memberships to non-residents at around $5 per year for singles, $10 for families.

Most libraries are open until 9 p.m., Monday to Friday, and until 5 p.m. Saturday, closed Sunday. However, hours vary greatly from library to library so we suggest you phone before setting out for the library of your choice. Nearly all libraries have photostat machines – and photostats in the academic libraries usually cost only 5¢ per sheet.

Montreal's main library is **La Bibliothèque de la Ville de Montréal,** with 850,000 volumes (the majority in French), operating twenty-seven branches for adults and children (most in local fire stations). The main branch houses the Gagnon Collection of Canadiana, said to be unequalled in the country. You can also rent documentary films and projectors. 872-2915.

The **Atwater Library,** 1200 Atwater, across from Cabot Square, was founded in 1840 as the Mechanics' Institute. Good selection of periodicals, lots of free lectures, films and music appreciation events in this predominantly English library. $10 per year for adults, $5 for senior citizens. Closed Saturdays in summer. 935-7344.

Westmount Public Library, 4574 Sherbrooke West, also mainly English, has good reference and periodical sections. There's a separate children's library with story hours, and a stamp club. Story hour is held for preschoolers each Friday at 3 p.m.; children must register beforehand. 935-8531.

The **Fraser-Hickson Institute,** 4855 Kensington, was established in 1885. It has a good selection of Canadiana,

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particularly early books about Montreal. There's a music room, telephone reference service and a separate children's department. Membership is free – but you must make a $5 deposit. Closed Saturdays during the summer, and also for a two-week period, usually around the end of July. Story hours for 3 to 5-year-olds are held each Wednesday from 2:45 to 3:30 p.m. 489-5301.

Town of Mount Royal Library, 1967 Graham Blvd., has a collection of books on firearms, art books, and recordings that can be listened to on the premises or taken home, There's a children's library with story hours held frequently during the week; children must register. 342-1892.

Cote St. Luc Public Library, 7101 Cote St. Luc (upstairs in the Cote St. Luc shopping centre) is open every day of the year from 10 a.m. to 10 p.m. Membership is free, wherever you live. (There's a deposit of $1 for adults, .25 for children.) Story hours for children 4-5 are held each Wednesday from 10:30 to 11 a.m., and from 2:30 to 3 p.m. Lots of craft activities for children. Phone 481-5676.

The **Dorval Library**, 1401 Lakeshore Road, has a good collection of books on sailing, as well as Canadiana in both English and French. Story hours for 3 to 5-year-olds are held Wednesdays at 10 a.m. 16 mm. films also available. Closed Saturday in summer. 636-4040.

Beaconsfield Library, 303 Beaconsfield Blvd., has 1500 foreign language works – German, Dutch, Polish, Spanish and Italian. The library also provides services to nearby senior citizens – taking books to a nearby senior citizens' club, and to elderly people confined at home. Story hour for children 4 and 5 is held each Tuesday at 1:30 p.m.; children must register. Phone 697-4663.

Sources Library, 110 Cartier St., Roxboro, serves residents of Roxboro, Pierrefonds and Dollard, and has a good selection of materials about children with learning disabilities. Library volunteers take books to the handicapped. Story hours for children 3 to 5 are held Wednesday (English) and Thursday (French) at 1:15 p.m. Closed Saturday in summer. 684-8247.

The **Pointe Claire Library** has two branches: at Stewart Hall, 176 Lakeshore in Pointe Claire (695-3330) and at 81 Summerhill, in Pointe Claire (697-1347). At Stewart Hall, story hours are held Tuesday at 10 a.m. for 3 to 5-year-olds; Wednesday at 4:30 for 6 to 8-year-olds. The library also operates a shut-in service for the housebound. At the Valois branch at 81 Summerhill, there's a story hour Friday at 3:45 for 5 to 8 year-olds.

People's Library, 1984 Wellington, opened in this lower-income area three years ago with an O.F.Y. grant, and right now as more than 1,000 members, no funds, and a staff of three volunteers. Membership fee is 50¢ per annum – if people can afford it. Open Monday to Friday, 1 to 5 p.m. 932-9461.

The **Montreal West Public Library**, 45 Westminster South, organized by a group of public-spirited citizens, opened in early 1972 and now has more than 2,000 books on the shelves and 500 members. Not much reference material here – but most of the latest fiction and nonfiction. There's a pleasant reading room where coffee is served, and people are encouraged to *talk* as much as they like. Membership is free, no matter where you live, but "subscribing members" who donate $5 or more are allowed to vote in elections of officers. Open Monday, Tuesday, Wednesday, and Thursday, from 2 to 4 p.m. and 7 to 9 p.m. 481-7441.

The **Jewish Public Library**, 5151 Cote St. Catherine, holds poetry readings, films, sessions with guest speakers, and, each

Sunday at 3 p.m., recorded concerts. Membership is $5 per family per year. Closed Saturday, open Sunday, 10 a.m. to 7 p.m. 735-6535.

There are also the **LaSalle Public Library** at 414 Lafleur (366-2582) and the Public Library of **Montreal North**, 4740 Charleroi (325-4655).

CHILDREN'S LIBRARIES

Most of the municipal libraries have children's sections. In addition, there is the **Montreal Children's Library**, with a main building at 3835 Sewell (288-3061) and branches at 3700 St. Dominique (845-8673); Elizabeth Ballantyne School, 314 Northview (484-7194); 7408 Bloomfield in Park Extension (276-7309) and Point St. Charles, 255 Ash Ave. These libraries are free – but the child must have written permission from a parent or guardian.

The main branch is closed in July and August, but some of the other branches are open all year. Only the Park Extension Branch is open on Saturdays. The Montreal West branch has a story hour each Wednesday at 2:30 p.m., for pre-schoolers.

N.D.G. Library for Boys and Girls has a main branch at 3761 Prud'homme (872-2003) and branches at 5065 Queen Mary (Snowdon) and in Pope John XXIII school, 1000 Old Orchard (Centennial). Costs 5¢ to join. The Snowdon branch has bilingual story hours on Thursday at 2:30 for preschoolers, and at 4 p.m. for children up to 16. The main and Snowdon branches are open on Saturday, except in summer.

ACADEMIC LIBRARIES

Academic libraries exist for academics – which from a non-student point of view is somewhat unfair, because after all, these institutions are supported by everyone's taxes. However, if you have a special research project, the staff of an academic library will generally let you use the facilities – but you won't be able to take books home.

So if you want information, and can't get it at your municipal library, try the McGill Library (over twenty libraries here, of which the Redpath Library has by far the best selection of English literature in town). Or **Loyola's Vanier Library**, 7141 Sherbrooke West (482-0320); **Sir George Williams Library**, 1435 Drummond (879-4188); **Marianapolis College**, 3661 Peel (288-6166); **Macdonald College Library** (457-6580) which also operates a Film Mail Service throughout Quebec; or the **University of Montreal**, which owns a collection of rare books donated by Montreal bookman Louis Melzack.

SPECIAL LIBRARIES

There are also a number of special interest libraries in town. The **Arctic Institute of North America**, 3458 Redpath, contains the only comprehensive collection of Arctic studies in North America. $10 a year. 937-4608.

There are libraries at **Bank of Montreal**, 129 St. James West (banking, finance, management); **Bibliothèque Nationale du Québec**, 1700 St. Denis (containing everything published in Quebec since 1968); **International Civil Aviation Organization**, 1080 University Ave.; **Montreal Board of Trade**, 1080 Beaver Hall Hill; **Montreal City Archives**, 275 Notre Dame West; **Musée d'Art Contemporain** at Cité du Havre; **National Film Board**, 3155 Côte de Liesse (by appointment only): and the **National Theatre School**, 5030 St. Denis.

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"Use it up, wear it out,
Make it do, or do without."
– New England maxim

That's what they said in grandfather's day, when things were made to last, and not for built-in obsolescence. How many times in the past few years have you heard a repairman tell you, "Cheaper to throw it out and buy a new one"?

Suddenly, though, ecology-minded Montrealers are realizing that our disposable society may not be disposable for very much longer, as resources dry up all around us. And instead of throwing things out, we're thinking twice, and taking them back to be fixed, just as grandpa did.

For the ecology (and economy) minded, we've come up with a few handy fix-it places. And if we've missed some of your favourites, write and let us know.

ALTERATIONS

Alterations Boutique, 1433 Stanley, does alterations and/or complete makeovers of both men's and women's fashions, including leathers and furs. 288-3005. **Boutique Rita**, Place Bonaventure Passageway, does alterations on men's and women's clothes, as well as dressmaking for women. 871-9360. **Nick Kas**, 1253 Greene, specializes in men's tailoring, alterations and repairs; also does women's. 932-6633.

BICYCLES

Most repairs and parts are available at **Peel Cycle Centre**, 1398 Sherbrooke West, 843-7050; or **McWhinnie's**, 5866 Sherbrooke West, 481-3113. **Gordon's**, 4111 St. Lawrence, 842-9584,

and **ABC Cycle**, 5584 Park, 276-1305, do repairs 12 months of the year. Best idea is to take the bike back to the shop where you bought it.

BOATS

Boulanger Yacht, 2225 St. Joseph Blvd. in Lachine, repairs both wood and fiberglas boats. 637-4408.

BOOKS

Rebinding and repairing of pages is done by **Belanger Vianney**, 7980 Alfred in Anjou, 353-2420; **Aero Graphics**, 2705 Bates, 739-3969; and **Montreal United Workshop Assn.**, 1030 St. Alexandre, 866-8238.

CAMERAS

Most shops send major repairs back to the manufacturer. For minor or quick repairs, try **NDG Photo**, 1197 Phillips Place, 866-8761, or 5488 Sherbrooke West, 489-8401; **Montreal Photographers**, 2020 University, 849-7341; **European Camera Service**, 1108 Maisonneuve West, 844-1766; or **Mitchell's**, 1015 Dominion Sq., 844-4032.

CHINA AND GLASSWARE

China Shop, 1425 Bishop, puts together and refires china so it may be used again, or glues for show purposes only. They also grind glassware and crystal, and glue stems. 849-1201. **Lampart**, 1360 Greene, refill, repair and repaint china; glue stems of glassware. 932-3991. To find spouts for teapots and missing bits of china, try the **Nearly New Shop**, 1209 Maisonneuve West, 849-7425.

CLEANERS AND LAUNDRY

Highly recommended is **Crown Laundry & Dry Cleaning**, 1350 Greene, 631-9831, or 1925 - 46th Ave. in Lachine, who have fast 9 to 5 service if brought in; sewing of shirt buttons and minor rips are done without charge. **Bonton**, 4167 St. Catherine West, puts in zippers, new linings, lengthens or shortens hems, and does a good job of dyeing as well as cleaning clothes. 935-2707. **Bellingham**, 2016 Edouard Montpetit, does laundry and cleaning, free buttons on shirts, but charges for repairs. 733-5377. **Maxime**, 1415 Bois Franc, does particularly good work on draperies, suedes, furlined coats and delicate fabrics, 366-3631. For years, **Miss Brown's**, 4930 Sherbrooke West has been *the* Westmount place to have delicate garments, suede and leathergoods cleaned. 637-6741.

CLOCKS AND WATCHES

Sander Juergen, 4864 Sources Road, repairs old and new clocks and watches, and will pick up grandfather clocks. 684-7718. Others who repair clocks and watches are **Ohman's**, 1216 Greene, 933-4046; **Europa Technic**, Place Bonaventure Passageway, 861-4350; and **Paul Hofer**, 637 Craig West, 866-1771.

DOLLS

Only one doll hospital in town – **Hôpital des Poupées**, 7038 St. Hubert – and they speak French only. 274-5389.

ELECTRIC SHAVERS

Electric Shaver Centre repairs and services while you wait. 5 locations: 1241 Phillips Sq., 4324 Wellington, 744 Belanger East,

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Place Versailles, and Berri-de-Montigny Metro. 761-5505.

FURNITURE

Any refinishing that's done with wax – particularly Canadian pine – is done by **Montreal United Workshop Assn.**, 1030 St. Alexander, 866-8238. The **Montreal Association for the Blind**, 7000 Sherbrooke West, does excellent chair caning, 489-8201. Furniture repairing and refinishing is done by **John Wilson**, 6135 Maisonneuve West, 486-0904. Highly recommended for upholstery are: **Zerbst**, 81 Donnegani, Pointe Claire; 695-3400; **Eaton's**, though very slow, 842-9331; and **Glen Cabinet Makers**, 4104 St. Catherine West, 932-4444. **The Furniture Stripper**, 6045 Upper Lachine Road, will remove layers of paint from wood or metal furniture, so you can paint or varnish easily. 487-6140.

GOLF CLUBS

Refinishing, reshafting and regripping on all models of clubs is done at the **Golf Club Repair Shop**, 540 - 20th Ave., Lachine, 481-5631.

HATS

Men's and women's felt hats are cleaned and reblocked at **Star Hand Laundry**, 2067 Stanley, 845-8141. **Miss Brown's** does them too. 637-6741.

HANDBAGS AND UMBRELLAS

Handbag Repair Co. at 1439 Mansfield does excellent work on handbags, briefcases, luggage and umbrellas; zippers are fixed or replaced. 842-3846. **V Handbag**, 2161 Mackay, custom-makes handbags and is good for repairs on expensive bags. 845-9011.

INVISIBLE MENDING

French Art Weaving, 900 Maisonneuve West, looks like something out of the 40's, but does very good work. 288-0601. **Star Hand Laundry**, 2067 Stanley, 845-8141, does invisible mending too.

KNIVES AND SCISSORS

W.L. Chipchase, 1667 St. Catherine West, Canada's oldest cutlery house (established 1882), is known for its fine knife and scissor sharpening. 932-1024. **Acme Saw Filing**, 363 Youville Sq., does knives, scissors, saws and lawnmowers. 849-7044.

LAMPSHADES

La Contessa, 5903 Sherbrooke West, relines, remakes shades and harps, although they're on the expensive side. 488-4322. **Wilkin & Munro**, 620 Cathcart, do lampshades too. 861-4458.

LIGHTERS

Lighter Clinic, 506 McGill, repairs most makes. 844-4128. **Ronson**, 1480 City Councillors, 845-8117, and **Colibri**, 2055 Mountain, 844-5980, do repairs on their own makes.

LOCKSMITHS

Martin's Swiss Repair, 313 Victoria (481-3369), will repair locks or get you into your house (or car), but only during normal business hours. **C.B. LeSage**, 2157 Marcil Ave. (484-2956), has a 24-hour mobile service, but specializes in house locks. **Able Locksmiths**, (334-3844), have 24-hour emergency service for both house and car locks. So does **Parson's**, (489-3667).

MUSICAL INSTRUMENTS

Anton Wilfer, 2022 Mackay, does first class work on violins, guitars and all stringed instruments – he does repairs for the Montreal Symphony. 933-7865. **Richard's Music Shop**, 6056 Sherbrooke West, repairs electric guitars and amplifiers. 482-4326. For piano repair and reconditioning there's **Boutique du Piano**, 1513 Fleury East, 384-8298; **Eaton's**, 842-9331; and **Archambault**, 500 St. Catherine East, 849-6201. **Maurice Twigg**, 1230 St. Hubert, repairs brass and reed instruments. 843-3593.

Rufus' Guitar Shop, 1529 Sherbrooke West, services and repairs guitars – both electric and acoustic – and amplifiers. **Gilles Losier** (482-9797) will come to your house to repair piano-organs.

PICTURE RESTORATION

Dominion Gallery, 1438 Sherbrooke West, does cleaning and restoring on fine paintings, 845-7471. For a less expensive job, try **Gemst**, 5380 Sherbrooke West, 488-1504; **Rolland**, 2350 Guy, 932-9739; or **L'Art Français**, 370 Laurier West, 277-2179. Gemst and Rolland do picture framing; so does **Galeries Place Royale**, 151 St. Paul West, 844-2307.

PILLOWS AND MATTRESSES

Believe it or not, they can be recovered. **B. Baker**, 5203 Decarie, does the job – will do eiderdowns too. 488-1844.

PLUMBERS

Montreal has hundreds. However, tried and recommended are: **Thomas Bain**, 70 Westminster, 484-6080 (especially for older plumbing); **Achard & Franc**, 4650 Decarie, 489-6806; and **H.L. Durand**, 6078 Sherbrooke West, 489-7276. The latter have 24-hour service, but charge double for night repairs. **Christie's** 5331a Sherbrooke West, are also good with older houses.

RADIOS AND HI-FI EQUIPMENT

The most reliable method is to take it back to place of purchase. Should this be inconvenient or impossible, many people have found **Edwards Electric**, 5356 Sherbrooke West, generally does a good job. 486-4540.

RUG CLEANING

Yervant's does a particularly good and prompt job of cleaning; they also do repairs. 735-2731. **Metropolitan Home Services** is good for wall-to-wall or laid carpet, 482-0600; and **Miss Brown's** does both area and wall-to-wall carpets. 637-6741.

SADDLES AND BRIDLES

Try **Lemay Harness Racing Equipment**, 6951 Notre Dame East. 254-0172.

SEWING MACHINES

Call the place where you bought it. **Singer**, 700 St. Catherine West, 878-9351; **Necchi**, 273-8561; **Elna**, 933-9206; and **Bernina**, 749-2156, also offer service and parts on their own makes.

SHOES

Three handy locations in the downtown area: **Mansfield Shoe Repair**, 1441 Mansfield, 288-9980; **London Shoe Repair**, 630

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Cathcart, 866-0981; and **Town & Country Cleaners**, Place Ville Marie. All do repairs while you wait.

SILVER REPLATING

Done by **Ohman's**, 1216 Greene, 933-4046, and **Birks**, 1240 Phillips Sq., 392-2511 (watch for specials). **Petersen's**, 1221 Mackay, replates Danish silver. 866-7167.

SKIS

Take fiberglas skis and boots back to the shop where you bought them; they'll send them back to the manufacturer. Wood and cross-country skis are done by **Siren**, 6131 Sherbrooke West, 842-2734 (they're the only ones to repair tips); **Mountain Hut**, 1324 Sherbrooke West, 842-2851; and **Murray's**, 1441 McGill College, 842-9401. For non-fiberglas boots and skis you could try Ted Hermala's **Piedmont Ski Shop** in Piedmont, who've been doing ski repairs for years.

SMALL ELECTRICAL APPLIANCES

Call the service department of the company that made the appliance: **CGE Small Appliance Servicentre**, 5000 Jean Talon West, 733-9911; **Westinghouse**, 2125 - 23rd Ave. Lachine, 631-9401; etc. (The same goes for major appliances.) **Eaton's** has a small appliance service centre on the 7th floor downtown (very slow), 842-9331. Also recommended are **Economic Electric**, 5673 Sherbrooke West, 489-7247; **Mr. Fixit**, 4662 Decarie, 484-8332; **Martin's Swiss Repair**, 313 Victoria in Westmount, a marvelous shop which repairs bicycles, small appliances, sharpens skates, knives, scissors, power and manual lawnmowers, 481-3369; and the **Société des Handicapés de St. Henri**, 5266 Cote St. Paul, who do nearly all small electrical appliances as well as TVs, 935-4143.

SUEDES AND LEATHER

Repairs on leather garments: **Quality Leatherwear**, 5194 Queen Mary, 489-7745. Cleaning, remodelling and repairing of suede, leather and all types of furs: **Leatherwear**, 23 Prince Arthur West, 844-7814. **Maxime** and **Bellingham** also do very good suede and leather cleaning.

TENNIS RACQUETS

Restringing with nylon or gut, new grip, is done by **Murray's**, 1440 McGill College, 842-9401; **Lord's**, 1485 St. Catherine West, 932-2176; and **McNiece's**, 4020 St. Catherine West, 932-0601.

TENTS AND CAMPING EQUIPMENT

Réparations du Campeur, 11889 Ethier, Montreal North: tents, poles, camping stoves, heaters; one man does all the repairs. 321-6373. **Auvents & Tentes National**, 6980 Henri Julien, does canvas and silk tent repairs, 277-4158. **Montreal Tent & Tarpaulin**, 181 Youville Sq., repairs tarpaulins and canvas tents; also makes cotton and Dacron sails up to 100 sq. ft. 849-1241.

TYPEWRITERS

Commercial Office Equipment, 4495 Cote de Liesse, is service dealer for Smith Corona and Underwood; they charge per hour for parts and servicing. **A-1 Typewriter** at 325 - 10th Ave. in Lachine repairs most makes of typewriters; will make service calls at home. **Durocher Typewriter Co.**, 2256 Oxford Ave., is good and very reasonable. 488-1077.

Automobiles

In Montreal, two excellent organizations play guardian angel to North America's most vulnerable consumer – the automobile owner.

Faithful and true is the **Touring Club of Montreal**, 1401 McGill College. Formerly the Royal Automobile Club, the organization is affiliated with AAA in the U.S., the Canadian CAA, and international touring clubs throughout Europe, Asia and Africa. The club performs a host of services for members – providing free maps and tourist information for virtually any country in the world, travellers' cheques with no service charge, and low-cost insurance policies.

If you're travelling anywhere in North America, the Touring Club will work out a "Trip-Tik" (route map) to keep you from getting lost, for no charge. If you're driving in Europe, the Club will work out your itinerary, free, with the help of the RAC in London – providing you give six weeks' notice. They will also arrange for low-cost car rentals.

Members with car trouble are allowed five free service calls per year (including tow truck charges), anywhere in North America. Membership fee is $18 per year with a $5 entrance fee; other members of your family can join for only $10. Phone 288-7111.

Car owners should also join the **Automobile Protection Association**, 292 St. Joseph Blvd. West, a non-profit consumer group founded five years ago to help car owners fight back in the marketplace. If you're buying a new car, APA can tell you which cars are good buys and which are not; and can steer you away from unethical dealers. If you're buying a used car, APA will give you a list of recommended dealers, and will also send personnel to take a look at the car you intend to buy.

If you're looking for a good service station, APA has a list of about 30 recommended Montreal garages, where mechanics have been found to be competent and honest. (This list is constantly being checked and revised.)

APA has also assisted car owners in court – with legal action against corporations who have sold "lemons"; against dealers who have "redated" cars; and incompetent garages. Membership is $10 per year, but you don't have to be a member to use APA's services.

Phone 273-8318, or 273-2477,-2478, or -2479, from 9 to 5, weekdays.

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Alcohol

Throughout Quebec, sale of all alcoholic beverages is under the supervision of the provincial government's **Quebec Liquor Corporation**. You may buy Canadian beer, ale and "hard" cider from licensed grocery stores. (Look for *bière à porter* signs in the windows.) Draught and bottled beer, ale and hard cider are also served in taverns and brasseries. Women are allowed into brasseries but not into taverns: the only difference between the two is that the former has a ladies' washroom (see *Brasseries*). And children under 18 aren't allowed into either taverns or brasseries, but may enter licensed restaurants.

Some restaurants are licensed only to sell beer and wine; others to sell all kinds of alcoholic beverages; and others have no license whatsoever.

You can buy spirits (whisky, rum, gin, etc.), imported beers and wine only in government-operated Quebec Liquor Corporation Stores, or through licensed importers. No permit is required. You may also consume spirits by the glass in pubs and night clubs.

There are around 80 Quebec Liquor Commission stores in the Montreal area. In the downtown area, you'll find them at **Place Ville Marie, Place Bonaventure, Place Victoria, Westmount Square, The Bay, 600 President Kennedy, 1450 Mountain, 1663 St. Catherine West, 1246 St. Denis**, and **29 Notre Dame West**. (For a list of the suburban liquor stores, look in the white pages of the telephone book, under Government of Quebec, Quebec Liquor Corporation. For more information, phone 873-3574.)

At most liquor stores, you look at a list on the wall, and ask the clerk to bring you the bottle or bottles of your choice. Far more satisfactory are the newer self-service stores: **1450 Mountain, Place Bonaventure, 3627 St. Laurent, 4235 St. Denis, 29 Notre Dame West**, and **The Bay**. By summer, 1974, the 600 President Kennedy store should be converted into a "wine boutique," specializing in an extraordinary selection of wines.

All liquor stores are closed Sundays, and on Canadian and Quebec holidays, such as Christmas Day, New Year's Day, Good Friday, St. Jean Baptiste Day (June 24), Dominion Day (July 1), and the Monday of the Victoria Day weekend in May. They are also closed on the day of an election – as are taverns, brasseries, and pubs.

It is forbidden to sell or serve alcoholic beverages to people under the age of 18.

HOURS

All liquor stores are open from 1 a.m. to 6 p.m. Monday; open at 10 a.m. on Tuesday, Wednesday, Thursday and Friday; and open at 9 a.m. on Saturday. All are open until 9 p.m. Friday.

Place Bonaventure has the longest hours: open until 9 p.m. on Tuesday, Wednesday and Thursday; and closing at 5 p.m. on Saturday.

600 President Kennedy closes at 6 p.m. Tuesday, Wednesday and Thursday, and at 5 p.m. on Saturday.

1450 Mountain, 1246 St. Denis, 1663 St. Catherine West, Place Ville Marie and The Bay are open until 6 on Tuesday and Wednesday; until 9 on Thursday; and close at 5 p.m. on Saturday.

3627 St. Laurent, 29 Notre Dame West and Place Victoria close at 6 p.m. Tuesday, Wednesday and Thursday, and at 12 noon on Saturday.

Useful Phone Numbers

Police. 872-1313, if you're in Montreal. For other municipalities, see the white pages under POLICE.

Fire. 872-1212, if you're in Montreal. For other municipalities, see the white pages under FIRE.

Poison. 937-8511. The Montreal Children's Hospital handles all types of poison emergencies, for both children and adults, and including drug overdoses. Line is in service 24-hours a day, seven days a week.

Tele-Aide. 935-1101. A 24-hour, 7 day distress phone centre, offering information, referral and just plain sympathy to people with problems. The centre's trained volunteers have been of great help in suicide prevention.

Information and Referral Centre of Greater Montreal, 842-9751. Has staff of paid workers who can give you answers to questions regarding health, welfare and recreation services, and if necessary, refer you to the agency which can help you with your problem. Line is open from 9 to 5, Monday through Friday.

Women's Information and Referral Centre, 842-4781. Volunteers will listen to women's problems and refer them to the correct agency, or give them information.

Women's Centre, the YWCA. 866-9941, local 44. Similar to the above.

Communication Quebec. 873-5264. This government-operated service can give you information about the Quebec administration, and who's the person to speak to about a government-related problem. Lines are open weekdays, 9 a.m. to 4:30 p.m.

Bus and Metro Information. 877-6260. How to travel to where you're going, by public transportation.

Weather Forecast. 636-3302.

Road conditions. 844-0111. (CJAD)

Ski conditions. 273-6311. (CFCF)

Rap-With-a-Rabbi. 341-3580. The service, operated by Rabbi Israel Hausman, an Orthodox Jew, is geared to help Jewish students with emotional problems. The rabbi also gives information on religion to both Jews and non-Jews. He has a 24-hour answering service.

Gay Line. 843-8849. Information, rap and referrals for gay men and women. Daily 8 a.m. to 12 p.m.

Slim-Line. 342-0032. Dial this number when you're tempted to go off your diet – and the recorded message may help you stick to celery.

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The Authors

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Betty Guernsey, artist/writer and adopted Montrealer, is a graduate of St. Martin's School of Art in London, England, and also attended the Ontario College of Art. For the past ten years she has lived in Montreal, working as an advertising specialist and illustrator. In 1973, she travelled to India and Cuba, and wrote travel articles about these trips – accompanied by her own sketches – for the *Gazette* and *Chatelaine*.

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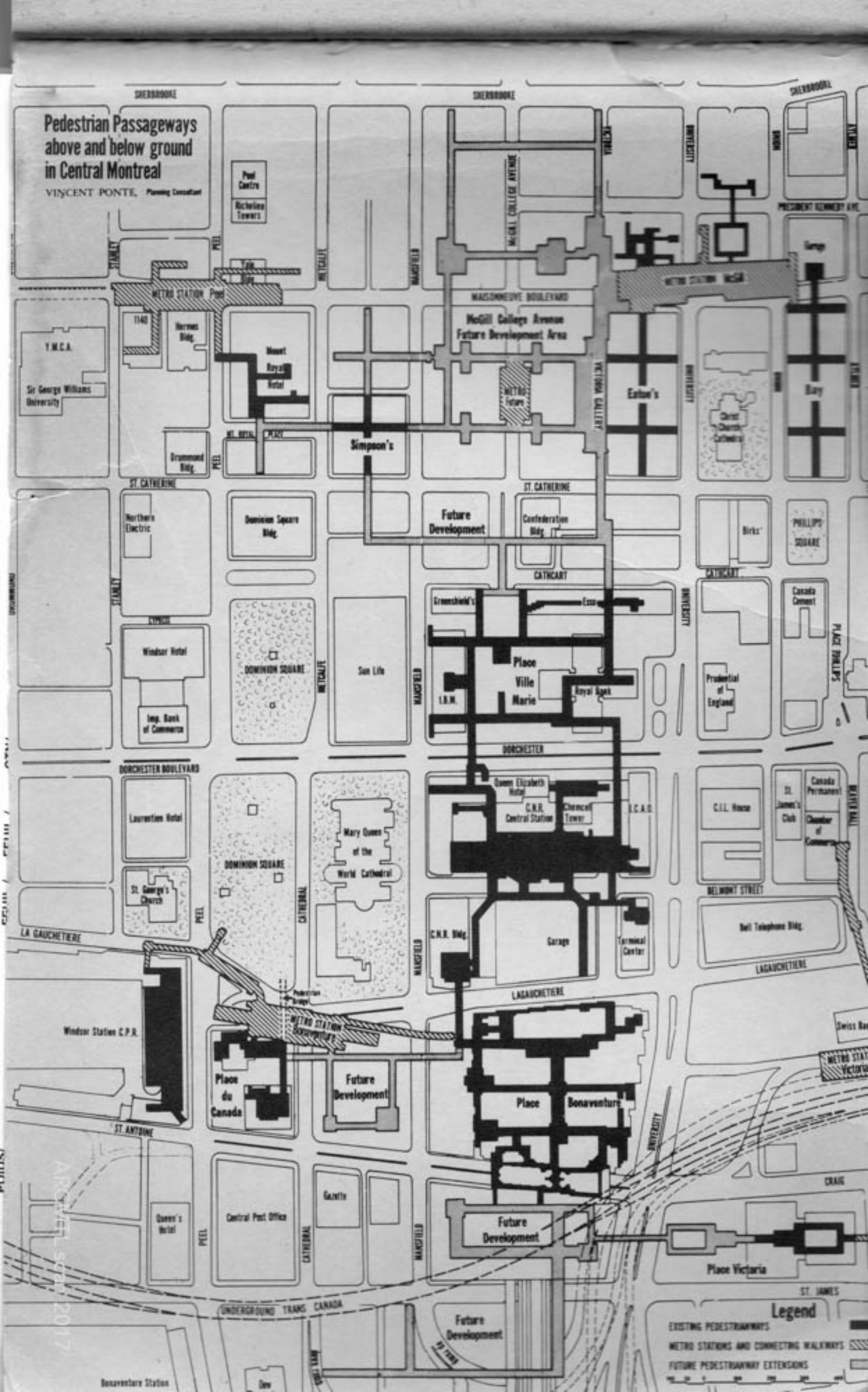
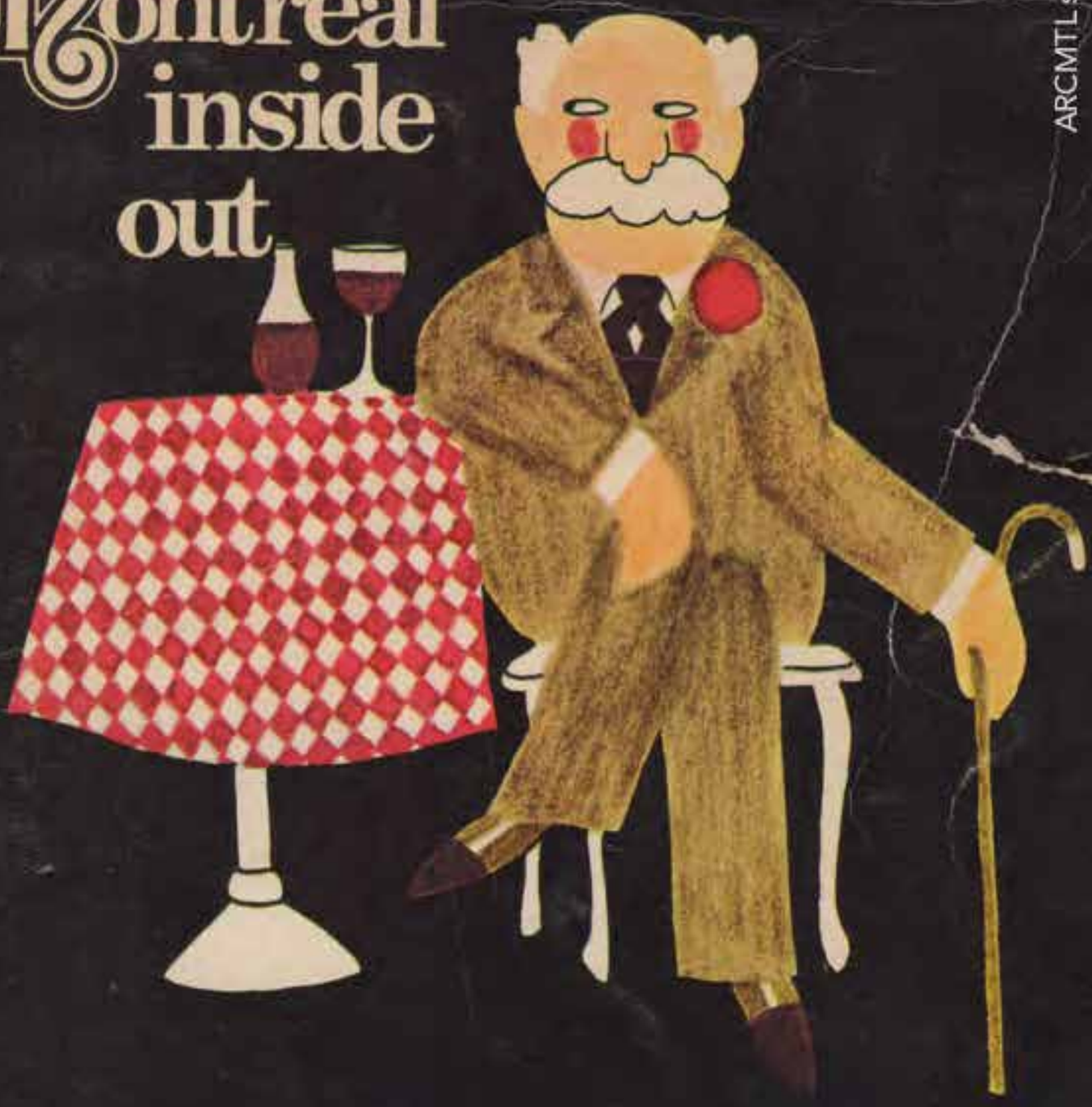

Pedestrian Passageways above and below ground in Central Montreal
VINCENT PONTE, Planning Consultant
SHERBROOKE
STANLEY
PEEL
METCALFE
MANSFIELD
McGILL COLLEGE AVENUE
UNIVERSITY
VICTORIA
DRUMMOND
PRESIDENT KENNEDY AVE.
MAISONNEUVE BOULEVARD
METRO STATION Peel
Peel Centre
Richelieu Towers
Y.M.C.A.
Sir George Williams University
1140
Hermes Bldg.
Mount Royal Hotel
Drummond Bldg.
McGill Colleges Avenue Future Development Area
METRO Victoria
Simpson's
Eaton's
Garage
Bay
Christ Church Cathedral
ST. CATHERINE
Northern Electric
Dominion Square Bldg.
Future Development
Confederation Bldg.
Birks'
PHILLIPS SQUARE
CATHCART
Greenshield's
Esso
Canada Cement
PLACE PHILLIPS
Windsor Hotel
DOMINION SQUARE
Sun Life
Imp. Bank of Commerce
I.B.M.
Place Ville Marie
Royal Bank
Prudential of England
DORCHESTER
DORCHESTER BOULEVARD
Laurentien Hotel
St. George's Church
Queen Elizabeth Hotel
C.N.R. Central Station
Chaveau Tower
I.C.A.O.
C.I.L. House
St. James's Club
Canada Permanent
Chamber of Commerce
BELMONT STREET
Mary Queen of the World Cathedral
CATHEDRAL
C.N.R. Bldg.
Garage
Terminal Center
Bell Telephone Bldg.
LA GAUCHETIERE
LAGAUCHETIERE
Pedestrian Bridge
METRO STATION Bonaventure
Windsor Station C.P.R.
Place du Canada
Future Development
Place Bonaventure
ST. ANTOINE
Queen's Hotel
Central Post Office
Gazette
CRAIG
Place Victoria
ST. JAMES
UNDERGROUND TRANS CANADA
Bonaventure Station
Legend
EXISTING PEDESTRIANWAYS
METRO STATIONS AND CONNECTING WALKWAYS
FUTURE PEDESTRIANWAY EXTENSIONS

$3.95

Montréal inside out



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The insider's guide for tourists, newcomers and long-time residents of Montreal: sightseeing, shopping, entertainment, good food, sports, recreation, services and living well in Canada's metropolis.

By Bonnie Buxton and Betty Guernsey.